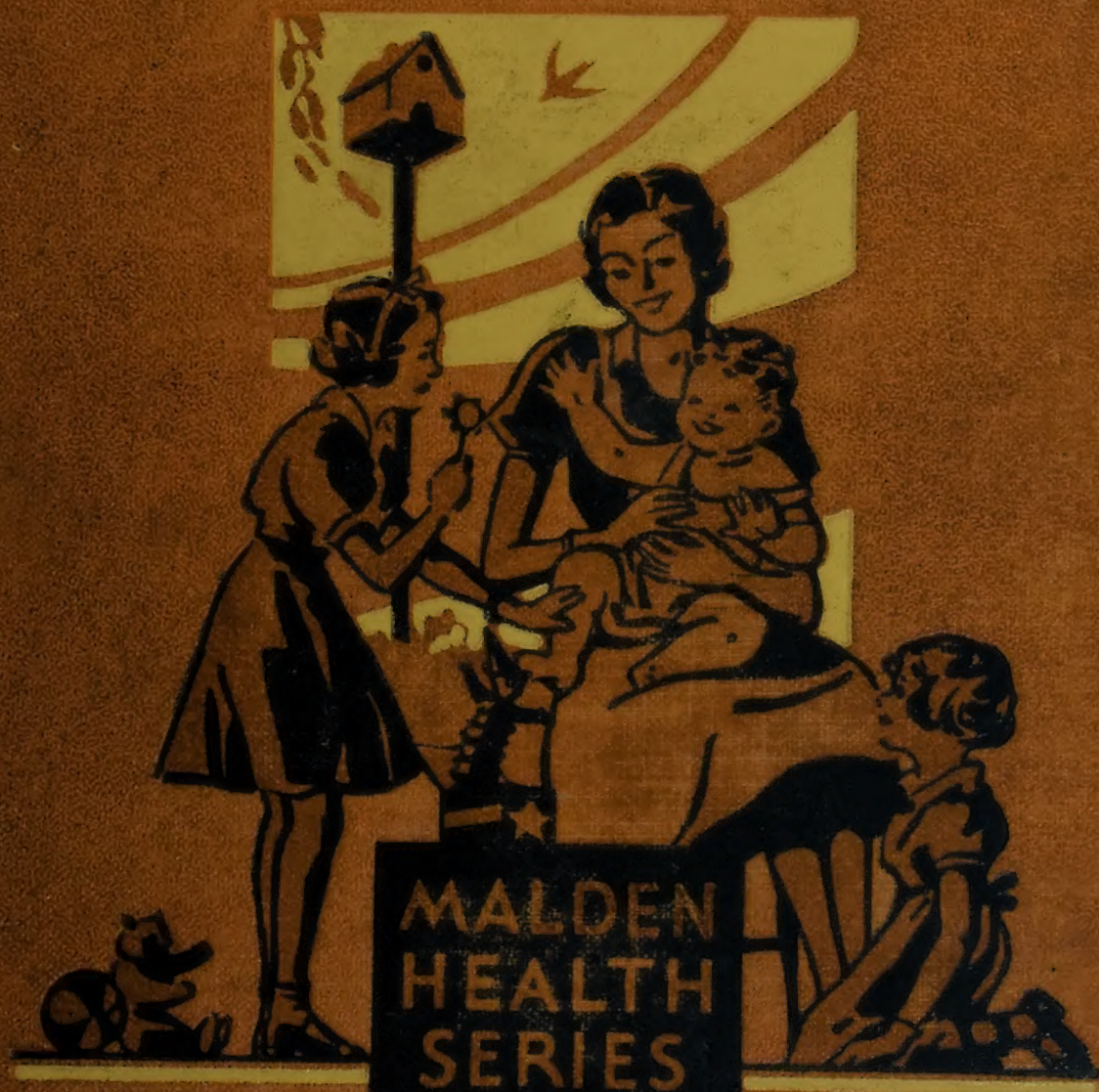


# THE JOY FAMILY



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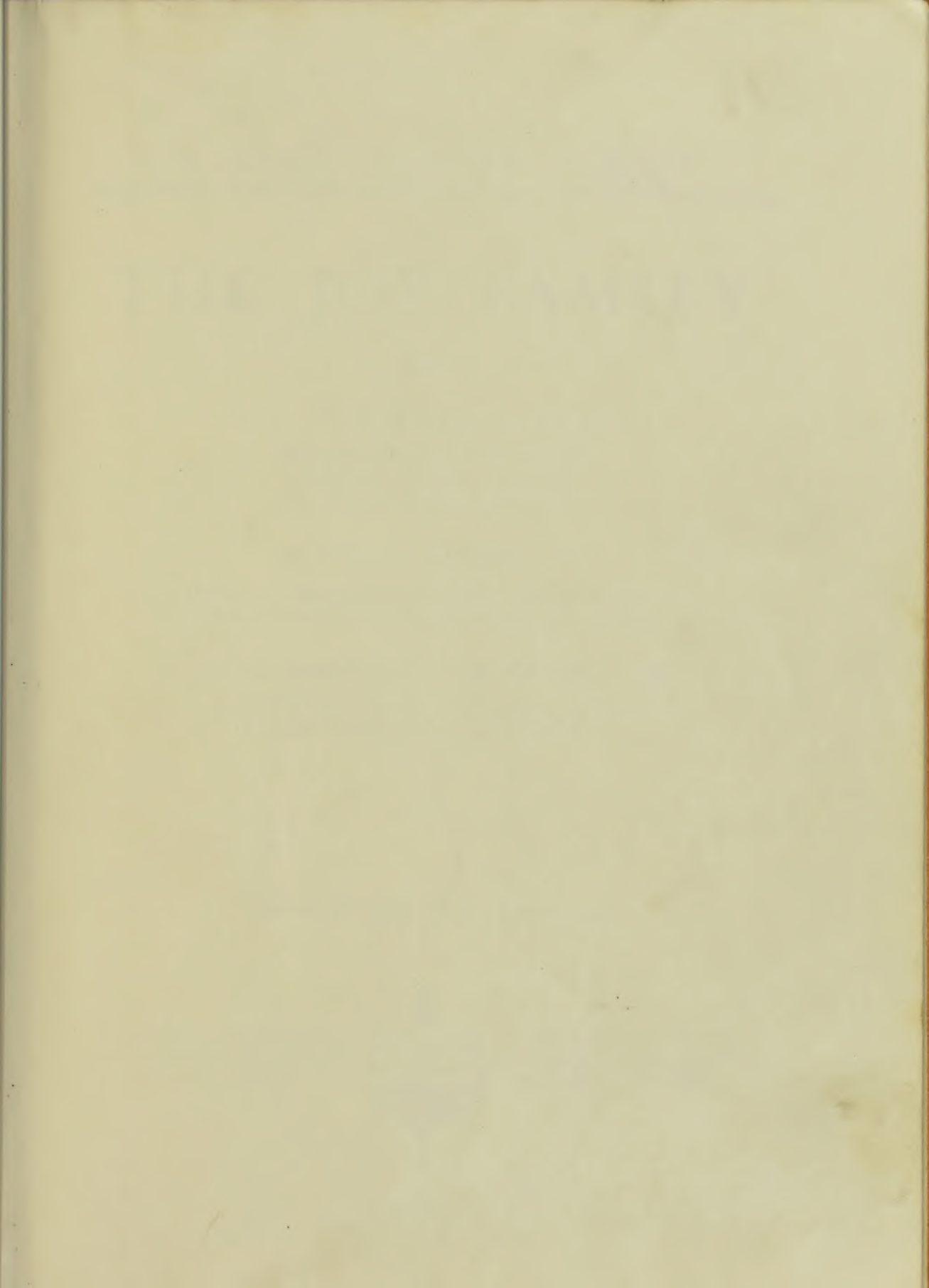
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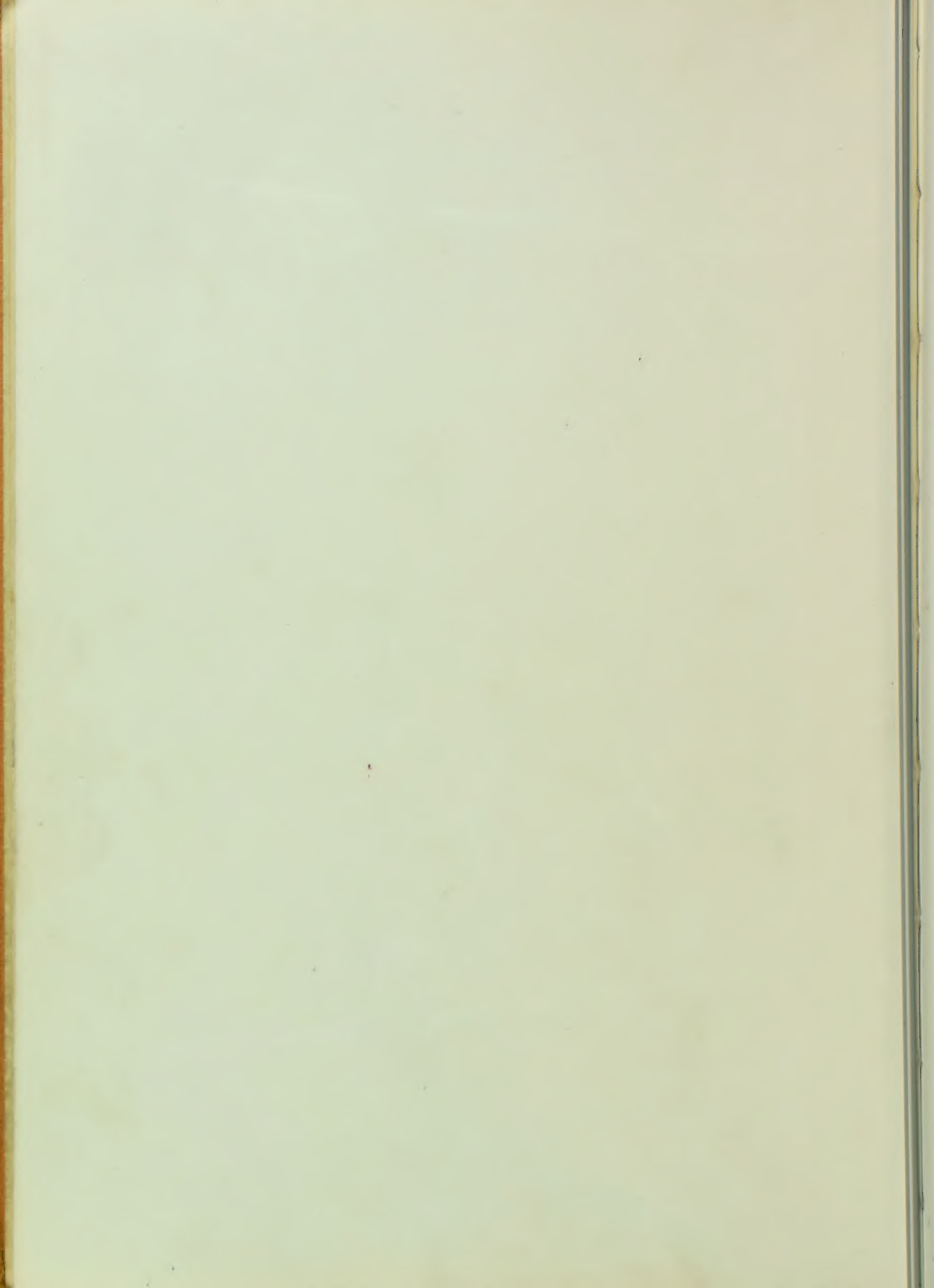
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MALDEN HEALTH SERIES

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# THE JOY FAMILY

By

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BOSTON

NEW YORK

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ATLANTA

DALLAS

LONDON

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## PREFACE

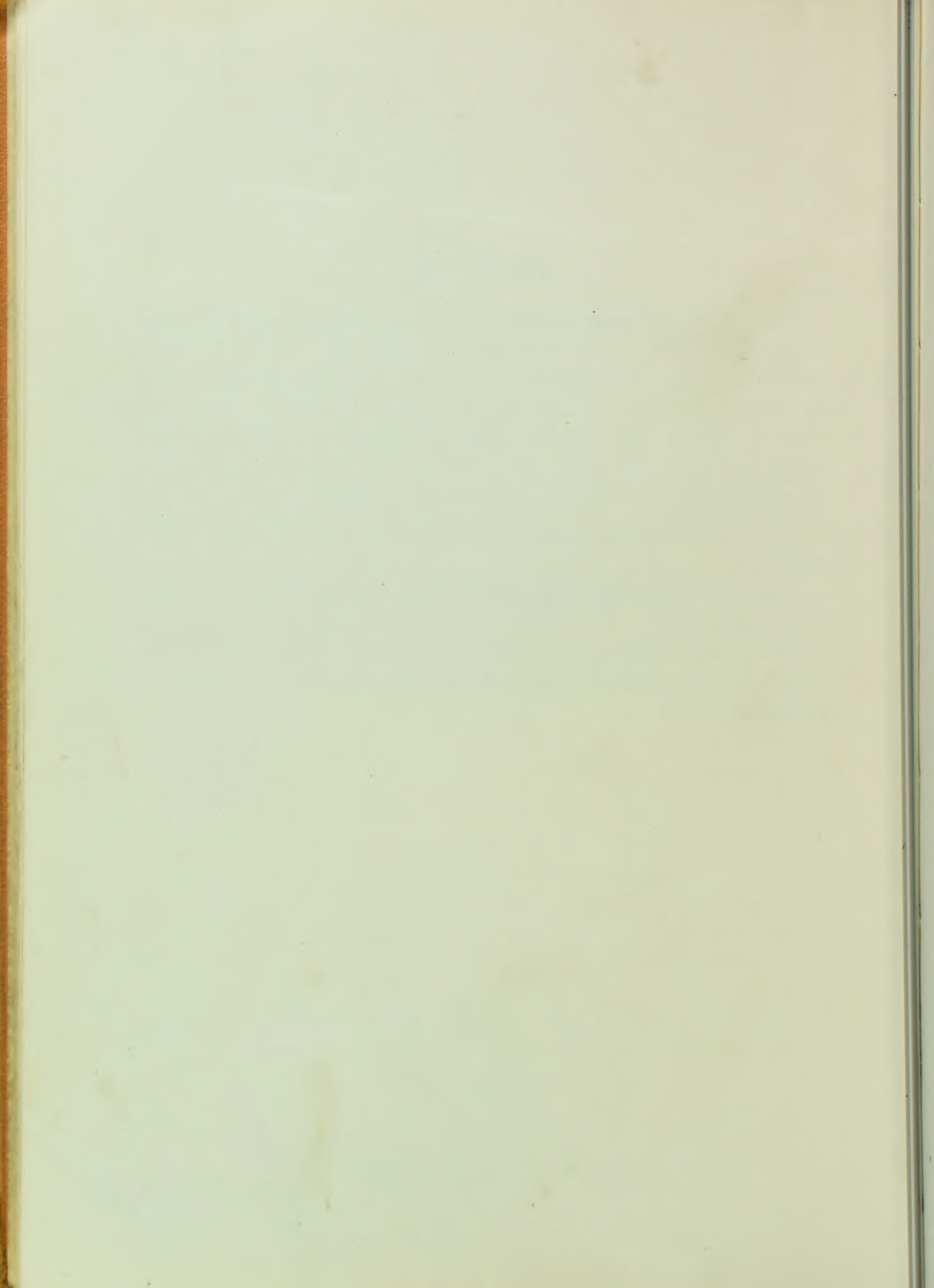
This book has been developed through several years of classroom experience at the Lincoln School in the city of Malden, Massachusetts. We believe it will be most useful when used in connection with a class project centered about a classroom doll or family life, described in a separate teacher's guide. Many teachers will use it for a weekly reading lesson in health in connection with pupil activities in health training. It may be used with profit as a supplementary reader apart from such a project.

The vocabulary has been checked against the Thorndike and Gates word lists. To make sure that it is within the grasp of second-grade children, the material has also been tried in the hands of the children and modified in accordance with that experience.

C. E. T.

A. L. B.

N. J. M.



## A LETTER FROM THE AUTHORS TO THE CHILDREN \*

Dear Children:

Playtime is over, school bells are ringing, calling us back to school. You are looking well and happy, with your pretty neckties, clean handkerchiefs, and shiny shoes.

You have not forgotten the rules you learned for good health in the first grade, have you?

In the school where this book was made, the children in the second grade live each year with a make-believe family. One year they played with the Snow Family. It was such fun learning their health rules that way. They called the family "The Snow Family" because each one in the family tried to be tidy and clean, and they were all well and happy because they obeyed the health rules.

The children made a large scrap book. In it they pasted pictures of the house, the members of the family — father, mother, and the children. They had pictures of the things in the different rooms also.

Another year the second-grade children played that they lived with "Farmer Merry" on his farm. They loved his animals. He had so many — horses, cows, pigs, hens, and chickens. They watched him milk the cows. His children drank milk and so did the second-grade children. They made a lovely scrap book for them, too, so that Farmer Merry's family seemed like real people.

The next family was the "Joy Family," and we think that is the best of them all.

This storybook tells about Father and Mother Joy and their children, the four little Joys.

Gordon is the oldest child. He is in the fourth grade at school. Nancy is seven years old and is in the second grade. Ann is only four years old and stays at home with Mother. Then there

\* To be read to the children by the teacher.



is Baby David. He is just a tiny baby at first, but a healthy baby because he is so well taken care of.

Instead of a scrapbook for the Joys, the second-grade children had a baby doll that looked like a real baby. They called him "Baby David."

Baby David went home with some child each night to spend the night. He was carried in a basket. This was painted white with blue trimmings.

The child who took him home always went to bed early and always slept with the windows open. David always carried his overnight bag with him. In it was his own cake of soap, his towel, and his wash cloth. He had a tiny tooth brush, too, which came from across the sea.

He carried his night dress and a play suit also. He had the proper food to eat, was given a bath, and came back clean and spotless in the morning.

Everyone was very kind to him, and he had many presents — dresses, coats, bonnets, and socks, and many toys.

The older boys in the workshop at school made him a house and a play yard, and he had a bed in which he took his daily nap.

David had a sun bath on sunny days; he took the Schick test; and when he was old enough, he went to see the dentist.

The boys made good fathers and tried to be like Mr. Joy in the story.

David went home with boys as well as girls, and they were all careful that he learned no bad habits.

All the children in the school building were interested in Baby David, and the people in the different homes grew fond of him, too.

You will be improving your health habits this year. Perhaps you can have a Baby David doll in your class or perhaps you will like to practice health habits with the Joy Family.

Anyway, we think you will like the story of the Joy children, and how they grew; so here it is!

THE AUTHORS

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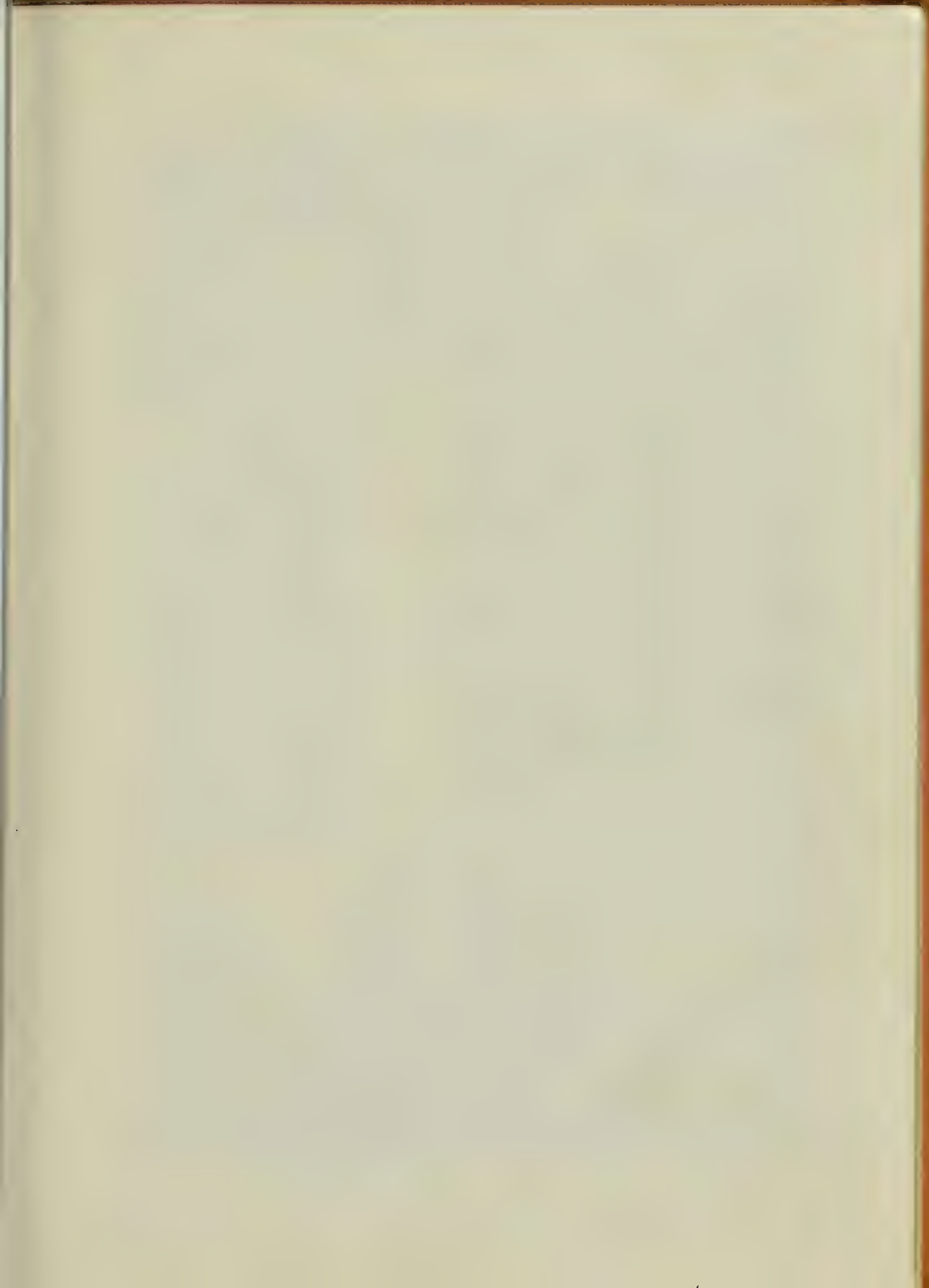
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"THEY WILL BE HERE SOON," SAID GORDON.

# I

## THE HOME-COMING

Gordon, Nancy, and Ann were waiting on the steps.

"I can't see them," said Nancy, looking up and down the street.

"I can't see them," said little Ann, looking up and down the street.

"They will be here soon," said Gordon. "It is not a long ride from the hospital. Is everything ready?"

"Yes," said Nancy, "Ann and I have put fresh flowers in all the rooms. We have washed our hands. We have brushed our shoes and combed our hair. Your hair looks nice, Gordon. Mother will say, 'What clean children!'"

Just then a car came up the street and stopped at the door.

"Here they are," shouted Gordon.

The children ran down the steps. Mr. Joy stepped out of the car.





SHE HELD A WHITE BUNDLE IN HER ARMS.

"Hello, Daddy! Hello, Daddy!"

"Well, here we are!" said Mr. Joy.

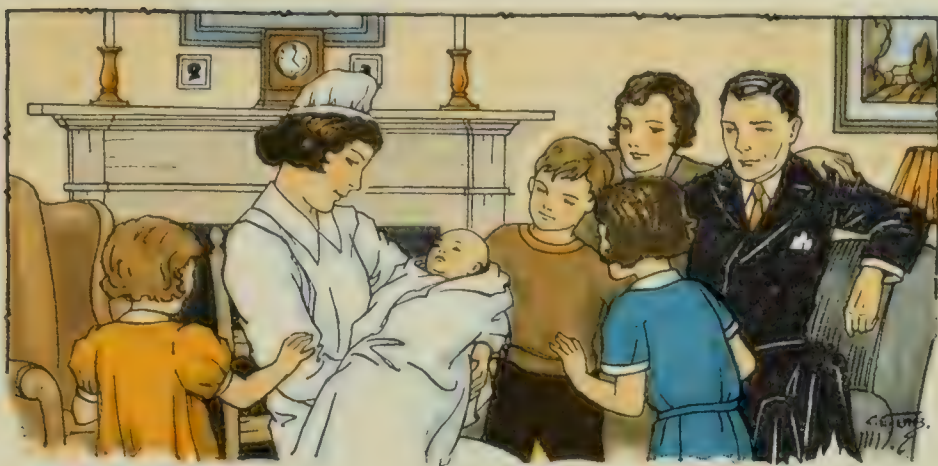
He opened the door and helped some one out.

"Mother! Mother!" they cried. "Here is Mother."

Mother laughed and kissed them all. Then Father helped out some one else. She had on a white dress, a white cap, and a white apron. She held a white bundle in her arms.

"Children, this is Miss White, our nurse," said Mrs. Joy. "Miss White, this is my little girl, Ann; this is Nancy, and here is Gordon."

"How do you do, Miss White?" said the children.



THERE LAY THE NEW BABY.

“How do you do?” said Miss White.

They all went into the house.

“Oh, how pretty the flowers look,” said Mrs. Joy. “What dear, helpful children I have, and how good it is to be at home again. Now, Miss White, let’s open the bundle.”

Off came the white blanket, and what do you suppose — there lay the new baby, sound asleep.

“Oh, oh,” cried the children softly. “Isn’t he sweet? What little hands he has! And what tiny ears!”

“He hasn’t any hair,” said little Ann.

“Oh, his hair will grow,” said Father. “It may be light like yours, Ann.”

"What is his name?" asked Nancy.

"David," said their father, "David Joy."

"I like that name; that is our Grandpa's name," said Nancy.

"Yes," said their father, "he is named for your grandfather."

"Let's go upstairs now," said Mrs. Joy. "Mother is tired, and David must go to bed."

They all went up to the baby's room. In it was a little white crib. Ann slept in this crib when she was a baby. Now Baby David was to sleep in it.

There was a little white bureau for baby's clothes. His little dresses and blankets were in it, and his socks, his coat, and his sweater.

Miss White put David in the crib.

"Now children, run out and play," said Mother. "The house must be quiet."

"Would you like to see David have his bath in the morning?" asked Miss White.

"Oh yes, thank you, we would," said Nancy and Ann.

They kissed their mother and ran softly down the stairs.



## II

### BABY DAVID HAS A BATH

The next morning Nancy and Ann ran up to the bathroom. They rapped on the door.

“Good morning, Miss White. May we come in?”

“Oh, good morning, girls. Yes, come in. You are just in time. I am getting things ready for the baby’s bath.”

Miss White unfolded baby’s shirt and dress, and hung them on his little clothes rack. She hung his washcloth there, too, and a towel with a little blue duck on it.

“Does the baby have his own towel?” asked Ann.

“Oh yes,” said Miss White.

“We have our own towels, too,” said Nancy. “See, there are Mother’s towels and wash cloths, with a blue edge. These with a green edge are Daddy’s.”

“That is my towel rack over there,” said Ann. “My towels have a blue *A* on them. Nancy’s have a pretty, pink *N*. Gordon’s are plain white. He didn’t want a *G* on them.”

“They all look so clean and pretty,” said Miss White. “I like to see a clean, neat bathroom.”

Then she stepped over to the table and showed the girls the baby’s bath tray. On it were the things for his bath.

“Now we must fill baby’s tub with warm water.”

“Does he have a bath every day?” asked Ann.

“Yes, babies ought to have a bath every morning. Baby’s skin is soft and tender. It must be kept clean.”

“I have a bath every day,” said Ann. “I take it before supper, because Mother says little girls ought not to take a bath right after they eat.”

“That’s right, Ann. You should wait an hour or two after you eat. We shall give David his bath before we feed him. Then he will sleep well.”

“I am older than Ann,” said Nancy. “I stay

up later than she does. Sometimes I take my bath before I go to bed; sometimes I take it in the morning. I like it best before breakfast. Gordon always has his bath before breakfast. He likes a cold shower."

"Great fun," said Miss White. "It's like a dip in the ocean. It makes your blood dance. Warm baths get us clean; cold ones wake us up."



When Miss White was ready for David, she brought him in and put him on the table. Then she undressed him and wrapped him in a big towel.

"Isn't he cute! See him kick! He is looking at us!" cried the girls.

"Now, young man, we must clean your eyes," said Miss White to the baby.

She took a piece of cotton and washed David's eyes. His eyes were clear and bright.

Then she took a piece of cotton and cleaned his ears.



“Mother washes my ears, too,” said Ann. “She is very gentle and doesn’t hurt me.”

“That is the safe way, Ann,” said Miss White. “You must take care of your ears. Keep your hands away from them. Wash them with a soft cloth. Don’t put anything in them. Don’t shout into another person’s ears.”

Next Miss White cleaned David’s nose very carefully with oil and cotton.

“Now we will wash him,” she said.

First she dipped the wash cloth into the warm water. Then she soaped it and washed David with it. She turned him over and washed his back. His whole body was wet and soapy.

Then she put her arm under his head, took hold of his feet, and put him into the tub of water. She held up his head and washed off the soap.

David liked the water. He kicked his feet and moved his arms up and down.

“He likes to have a bath,” said Nancy. “It makes him feel good.”

When the bath was over, his nurse put Baby back on the table and dried him with his soft towel.



DAVID LIKED THE WATER.

David began to cry because he was sleepy and hungry. He wanted his milk.

“Run along now, girls,” Miss White said. “Baby will be dressed in a moment; then he will have his milk and go to sleep.”

### III

#### PLAYING HOUSE

“Let’s play house on the porch,” said Ann.

“We can’t play on the porch,” said Nancy.

“Baby is going to sleep there. Miss White is going to wheel out his crib.”

“Where can we play?” asked Ann.

“Out under the big maple tree,” said Mother. “It is going to be a warm day.”

“All right,” said Nancy. “Come on, Ann. Let’s go upstairs and get our dolls.”

Miss White came out on the porch with David in her arms. His head was on her shoulder.

He looked so sweet in his little shirt without sleeves. He didn’t wear any dress because the day was warm.



The children watched Miss White put him in his crib. She put white netting over the top and tucked it in on all sides so as to keep out flies and bugs.

“Sh! Sh!” said Miss White, putting her finger on her lips. Then they all went out to the maple tree.

Ann had her baby doll. Nancy had two dolls, a girl doll named Polly and a boy doll named Jack.

“Let’s play house,” said Nancy.

“May I play, too?” asked Miss White. “I will be the visiting nurse.”

“Won’t that be fun,” said Ann. “Play you rapped on the door, Miss White.”

Miss White rapped on the tree. “Good morning, Mrs. Ann. Good morning, Mrs. Nancy. How is your baby, Mrs. Ann?”

“I think she is sick,” said Ann.

“Let me see her,” said the nurse. Miss White took Ann’s baby doll and looked at her carefully.

“She is not sick. She is only fussy. She is too warm. She has too many clothes on. No baby should wear so many clothes on a warm day. See,





MISS WHITE RAPPED ON THE TREE.

she has on a dress, a coat, and a shirt. She has socks on her feet, and she is done up in a blanket. No wonder she is all red. We must undress her. Poor baby doll!

“Nancy, run into the house and ask Mother for a piece of cloth and a pair of scissors. Mrs. Ann, undress your child.”

So Ann took off the doll's clothes. When Nancy came back with the cloth and scissors, Miss White cut out a little shirt without sleeves for the doll.

The girls watched her cut it out and put it on Ann's baby doll.

"Oh, that is just like David's," said Ann.

"Yes," said Nancy. "Isn't it cute!"

"Look at your dress, Mrs. Ann," said the nurse. "Is it thick?"

"No," said Ann, "my dress is very thin."

"My dress is thin, too," said Nancy, "and it hasn't any sleeves."

"Tomorrow may be cool," said Miss White. "If it is cool, Dolly and David may both wear dresses, and David may wear a sweater, also."

"I wear a blouse on cool days," said Nancy.

"I wear a dress with sleeves on cool days," said Ann. "When it is very cold, Father wears a fur coat."



"Here comes your cat with his fur coat on," said Miss White. "What a pretty cat; he is so clean! What is his name?"

"Sambo is his name and he is a clean cat," said Nancy. "He washes his face after he eats."

“Please, Sambo, don’t lie on Dolly’s coat. See, you have left hair on it.”

“His summer coat is wearing out,” said Miss White. “His winter one is growing. That coat will be warmer. Many animals have warmer coats in winter. They dress for the weather, too.”

“Good-bye, Mrs. Ann. I must go now to see Mrs. Joy and her baby. I hope your baby will keep well, Mrs. Ann.”

“Oh, thank you,” said Ann.

“Come again, please,” said Nancy.

“Thank you,” said Miss White. “I have had a very nice time.”

## IV

### BABY DAVID GETS WEIGHED

It was Sunday morning and breakfast time for the Joy family.

"These blueberries are good," said Gordon. "I like to pick them, and I like to eat them."

"I like pears and apples better," said Nancy. "They are easier to pick, too."

"Ann, have you eaten your oatmeal?" asked Mother.

"All gone!" said Ann, holding up her dish.

"Good girl! Now send the rest of that milk down little red lane, and then you may come with me. I will show you why you need to eat a good breakfast."

"May we come, too?" asked Gordon and Nancy.

"Yes, you may all come. When I call you, come up to David's room."

"I think I know what Mother is going to do," said Gordon.



"I know, too," said Nancy. "Miss White did it every morning when she was here. Miss Lewis did it for us at school last week."

"Oh! Tell me," said Ann.

"Better do your work," said Father Joy. "Then you will be ready when Mother calls."

Gordon and Ann went into the kitchen. Gordon had to feed his dog. If Jerry was not fed on time, he barked. Ann gave her cat a dish of milk. Nancy carried the breakfast dishes to the kitchen. Daddy went out to look at his garden.

Soon Mrs. Joy called, "Come on, all of you. We are ready."

Mr. Joy and the children went up to David's room. Mother was holding David in her arms with a small blanket over him.

"This is the day to weigh Baby," she said. "Miss White told me to weigh him once a week. Then we shall know how much he has grown. If his food is right, he will weigh more each week, and he will feel well and happy."

"We are weighed only once a month at school," said Gordon.



MOTHER MOVED THE WEIGHTS.

“Well, a baby grows faster than you do,” said Mr. Joy.

Mother carried Baby over to the scales. They were small scales with a basket on them. When Mother put David in the basket, he kicked and cooed.

“Now just a minute, young man. Keep those little legs still. I want to weigh you.”

The children laughed.

Mother moved the weights. “Oh! Baby weighs twelve pounds and six ounces. Good boy! My baby has gained ten ounces this week.”

“Mother, you are a good nurse,” said Father.

"Miss White will be proud of you because you have done everything she told you to do. David is fed just when he should be; he stays out in the fresh air and sunshine, and has a bath every day. No won-

der the young man gains in weight every week."

Mother Joy was pleased.

"David is such a good baby," she said. "He sleeps long hours and drinks all his milk."

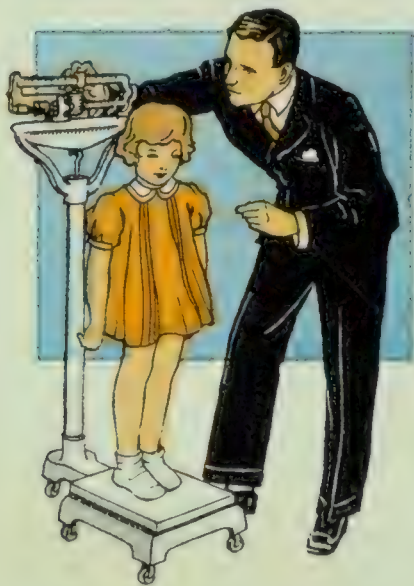
"I eat all my food," said Ann. "Am I growing big?"

"Let's find out," said Daddy. "I will weigh you on the big scales in the bathroom."

"She must take off her shoes," said Nancy. "We take off our shoes when Miss Lewis weighs us at school."

So Ann took off her shoes, stepped on the scales, and Daddy moved the weights.

"Let me see. Why Ann, you weigh thirty-four pounds. That is fine for a four-year-old girl.



How you grow! You will soon be a big girl."

Ann laughed. "I am a big girl now."

"See how tall she is," said Gordon.

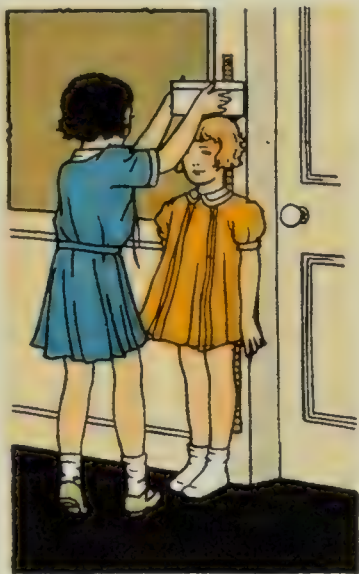
Mr. Joy and the children went downstairs. Nancy got the tape measure; Gordon got some thumb tacks; Mr. Joy tacked the tape to the wall.

"Take off your shoes again, Ann. Stand with your back and heels to the wall. Stand straight and tall."

Nancy put an empty box on Ann's head and held it against the wall. Then she said, "Step out, Ann. Oh look! She is forty inches high. I am forty-eight inches high, Daddy. Miss Lewis measured me last week. I have grown two inches since last June. I was weighed, too. Guess how much I gained this summer."

"Two pounds," guessed Father.

"Three pounds and a half," said Nancy. "I weigh fifty-two pounds."





“I did better than that,” said Gordon. “I’m fifty-five inches high. I grew three inches last year. I weigh seventy-three pounds now, and gained four pounds in two months.”

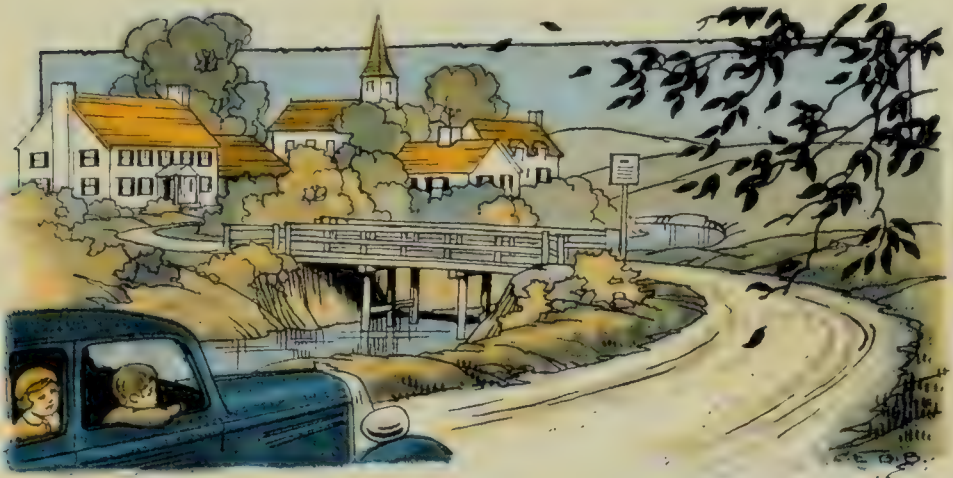
“Those are all good records,” said Mr. Joy.

“I did better than most of the children,” said Nancy. “Miss Lewis said children of my age ought to gain at least half a pound every month. I think I can gain more than that.”

“I am very proud of my children,” said Mr. Joy. “You grow the way you ought to because you eat the food Mother gives you and sleep long hours. You take your bath and rest each day, and play outdoors in the sunshine. No wonder you are healthy, happy children.”

## V

### A TRIP TO THE COUNTRY



“THE COUNTRY IS BEAUTIFUL NOW.”

“Who is going with me this bright morning?” asked Mr. Joy.

“Where? Where?” cried the children.

“Over the hills and far away. I am going to buy some apples for the store. The country is beautiful now. Today is Saturday, playday. I should like company.”

“Nancy and Gordon may go,” said their

Mother. "Ann would get too tired. Besides, she is Mother's helper today, and I can't spare her."

"All right, Rosy Cheeks," said Daddy. "You stay and help Mother, and we'll bring you home a rosy-cheeked apple."

It was a cool fall morning. The sun was doing its best to warm up the world.

Nancy and Gordon put on their sweaters. Mr. Joy blew the horn.

"We are coming, Daddy," called Nancy.

They ran down the steps and hopped into the car.

"Good-bye, Mother; good-bye, Ann," they called.

As they drove along, Nancy said, "Oh, how good everything smells. I love to ride with you, Daddy. We came this way last spring. The apple trees were in blossom then. They had such lovely pink and white flowers. Now see the big red apples."

"I remember that old scarecrow," said Gordon. "The corn was just growing then. Now it has been cut."

“Look, children! See the wild geese,” said Mr. Joy. “They are flying South. They make a letter as they fly.”

The children watched the sky.

“They are making the letter V,” said Gordon.

“The flying birds make me think of a story my teacher told us. The big birds carried the little ones on their backs. They went to the sunny Southland,” said Nancy.

“They’d better jump on an airplane,” said Gordon. “They’d get there quicker.”

“See the lovely leaves,” said Nancy. “May we take some home?”

“Yes, on the way back,” said Daddy.

“Oh, Daddy, Daddy, there are some milkweed pods. Do let me pick a few. Miss Lewis will be so glad if I take them to school.”

Mr. Joy stopped the car.

“We will all get out,” he said. “There is some bittersweet, too. We must pick a little to take to



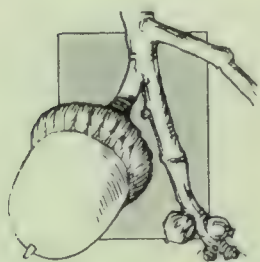


Mother. If Mother cannot come to the country, we must take the country to Mother."

"Here are some acorns," said Gordon.

"I will take some home to Ann," said Nancy.

"We will play house with them. They make cute little cups and saucers."



"What a beautiful oak tree this is," said her father. "You know, children, it was a tiny acorn once. It must be very old, it is so large."

"I didn't know oak trees grew from acorns," said Nancy.

"I did," said Gordon.

"Come on now," said Mr. Joy. "We are going for apples, remember."

They rode on and on. At last they stopped at a large farmhouse. Father blew the horn.

"Well, well, well! Here is Mr. Joy," said Farmer Brown, coming from the barn.

"Here are Gordon and Nancy. How you have grown! Never saw anything grow as fast as children. They grow just like weeds in a garden. How do you do?"

“We are very well, thank you,” said Nancy. “We have a new baby at our house. His name is David.”

“Another boy! Well, well, that’s fine,” said Farmer Brown.

“How are Brindle and the baby calf?” asked Nancy.

“The baby calf has grown as fast as you have. She is as big as her mother. I have many new things to show you.”

“James,” he called to his son, “take the Joy children out to see the new pups. Show them the baby colt, too. I want to talk to Mr. Joy.”

Such a good time as they had. Even Mr. Turkey Gobbler was glad to see them.

“Gobble, gobble, gobble, how are you?” he said.

The baby pigs were so cute. The little colt tried to stand.

“His legs are too long,” said Nancy.

James laughed. “He will grow fast,” he said. “Soon he will follow his mother everywhere.”

“Look at all the apples on the trees,” said Nancy. “See the big pumpkins on the ground.”

Honk! Honk! "Father is calling," said Gordon, and they ran back to the car.

"Old Brindle says to give you some of her milk to drink," said Farmer Brown.

They all went into the house, and each one had a glass of milk and some cookies.

"That is the best milk I ever drank," said Gordon.

"Thank you, Mr. Brown," said Nancy, "and thank Brindle, too."

"I think we were all hungry," said Mr. Joy. "It did taste good."

They said good-bye and started home.

"We shall have so much to tell Mother," said Gordon.

"I shall have so much to tell my teacher on Monday," said Nancy.



## VI

### NANCY'S SCHOOL



“SEE WHAT I HAVE FOR YOU.”

Nancy was waiting near the schoolhouse. The October sun kissed her pretty brown hair. Her eyes shone. Her cheeks were rosy. She hummed a little tune as she looked up and down the street.

“Good morning, Merry Sunshine,” said a happy voice behind her.

Nancy turned around quickly.

“Why, Miss Lewis, where did you come from? I’ve been watching and watching for you,” she said.



"I surprised you this time, didn't I?" said Miss Lewis. "I came up Pine Street this morning."

"See what I have for you, Miss Lewis. I went for a ride on Saturday, out into the country. See these pretty leaves.

"Here are milkweed pods and some bittersweet. Mother loves bittersweet. Daddy says, 'How can it be bitter and sweet at the same time?' I think it is a funny name."

Miss Lewis laughed. "You have such a jolly father, Nancy. I know you must have fun together. This is a lovely surprise. Will you come in and help me fix them? Here is Ruth waiting for us, too.

"Good morning, Ruth. Will you come in with Nancy? Here comes James. You are always the 'early bird.' Will you come in and be my janitor?"

James held the door open for her.

"Thank you, James," she said. "Nancy, let's put the bittersweet on the bookcase."

"I want to say 'sweet bitter' every time," said Nancy.

It sounded so funny that they all laughed.

"When I was a little girl, I used to visit my grandmother," said Miss Lewis. "Bittersweet grew in the woods back of her house. We always took some back to the city in the fall.

"Put the pretty milkweed pods in the basket, Nancy. You may put them on the table, Ruth."

"James has opened the windows," said Ruth. "Come in, Dr. Fresh Air."

"There goes the bell," said James.

"Oh, Nancy, the leaves look lovely in that big jar," said Ruth.

"The children will be surprised. They will think they are in the country," said Nancy.

The children came in. They looked so happy and so clean. Their cheeks were round and rosy, and every one wore a smile.

They sang a good-morning song.

They saluted the flag.

Miss Lewis held up the letter S. The children said:

S is for sleep,  
Ten hours unbroken,  
Always of course  
With windows wide open.

Miss Lewis told the children that animals need sleep — the puppies and kittens, the horses and cows.

“Old Mr. Bear out in the woods likes to take a nap,” she said.

“Do you remember Old Man Ground Hog? He came out of his hole to see if the sun was shining. It was not; so he went back to bed.

“The caterpillar needs rest, too. It eats so much and grows so fast. You know we play the game and sing:

A caterpillar is on the ground.  
It creeps and creeps and creeps around.  
It's spinning now a little nest  
Where it may find a place to rest.”

“I love that game,” said Mary. “My auntie has a caterpillar in its nest.”

“We call its nest a cocoon,” said Miss Lewis.

“It must be hard work to make a cocoon,” said Mary.

“Yes, the caterpillar does work hard,” said Miss Lewis.

"Its form changes in the nest, and it comes out a beautiful moth."

"I think the hens and birds are wise," said Miss Lewis. "They go to bed at dark. Everything likes to sleep in the dark."



When little birdie goes to sleep,  
The moon and stars bright watch do keep.  
Under his wing he puts his head.  
This makes a soft warm feather bed.

"See the surprise Nancy brought us. This is a milkweed pod. There are baby plants inside. You can't see them now. They are sleeping. If we keep them warm, they will wake up by and by."

"Would you like to hear a story about the milkweed? I think this is a good one."

In a pretty cradle  
Underneath the sky  
Little seeds are resting,  
Snug and warm and dry.



## THE JOY FAMILY

They are milkweed babies,  
Fast asleep they lie  
Till some chilly morning  
Singing wind comes by.

Wake up, little babies,  
See, the sun is high.  
Don your silver dresses;  
Come with me and fly.

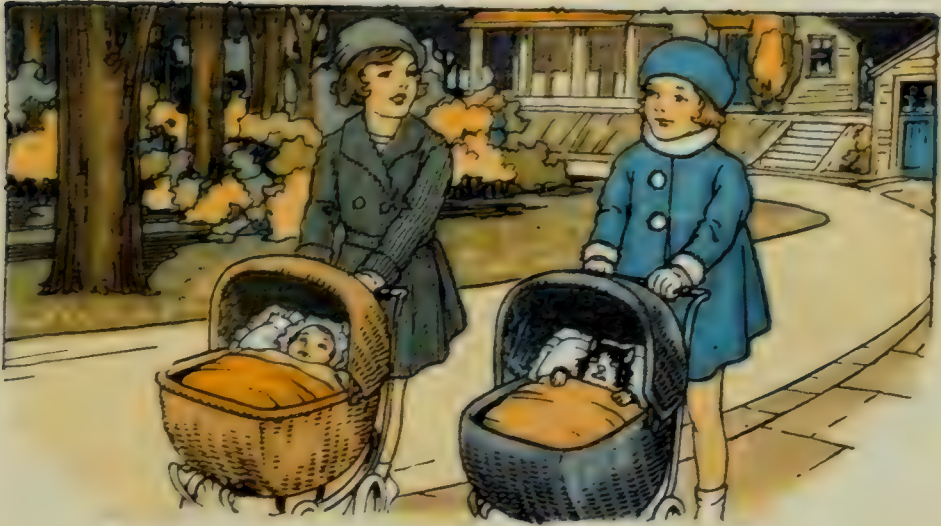
Out the babies scamper  
Dainty, sweet, and shy,  
To their empty cradles  
They call back 'Good-bye.'



"OUT THE BABIES SCAMPER."

## VII

### PRINCESS DARK



SOUNDS CAME FROM ANN'S CARRIAGE.

It was a beautiful fall day. Little Ann had taken her nap early in the afternoon. Now she was playing outdoors in the sunshine.

Her little friend Jane was with her. Jane and Ann were playmates. Today they were taking their baby dolls for a walk. Jane's doll was asleep. She lay very still in the carriage.

Sounds came from Ann's carriage. "Meow, meow, meow!" It was Sambo!

You should have seen Sambo! He had on a long dress. It was an old baby dress. A blanket was over him. Ann made believe that Sambo was her baby.

"Meow, meow, meow."

"Sh, sh! Go to sleep, baby," said Ann. "Mrs. Jane, my baby is tired and sleepy. I must take him home. There, there! Be quiet, Baby Sambo."

"Good-bye, Mrs. Ann," said Jane. "I hope your baby will be good."

"Thank you. Good-bye," said Ann.

She hurried home with her baby. She took Sambo out of the carriage and undressed him. Then she hugged him close.

"You are a nice kitty-cat, and I love you."

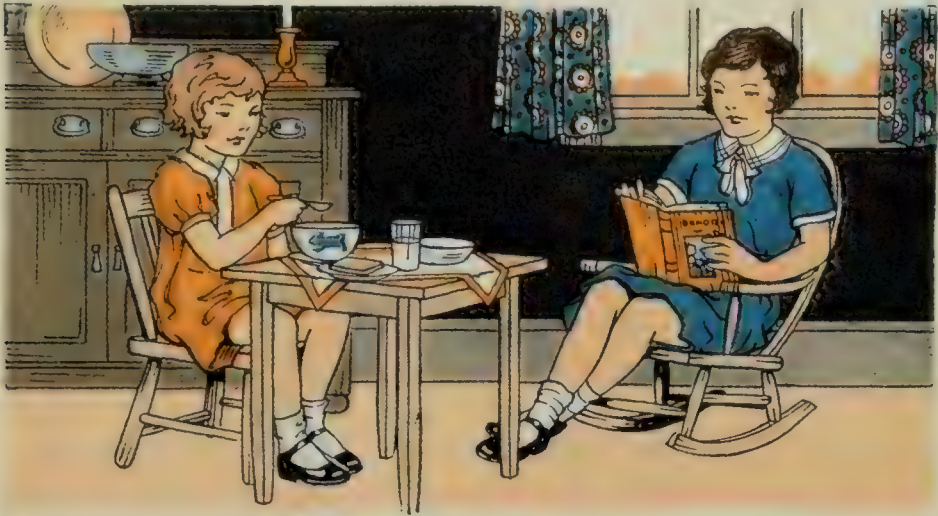
Sambo purred softly. He jumped to the floor and stretched his legs. Now he was a cat again.

Ann hung her sweater and hat in the closet. Then she went upstairs to find Mother and Nancy. They were in David's room. Mother was getting David ready for bed, and Nancy was talking to him.

David laughed out loud when Ann jumped at

him and said, "Boo, boo." He gurgled and cooed and tried hard to talk.

"Ann, you must have your supper now. Then Mother will put you to bed," said Mrs. Joy. "Nancy will sit with you while you eat. Perhaps she will read you a story."



ANN ATE AT A LITTLE TABLE.

Ann washed her hands, and the girls went downstairs.

Martha, the maid, gave Ann a nice supper. She had oatmeal with figs and dates in it. Then she had a slice of bread with honey, some apple-sauce, and a glass of milk.

Ann ate at a little table and sat in a little chair.



They were just right for her. The oatmeal dish had a picture of a rabbit on it, and the spoon had a pretty *A*.

After supper Ann said good night to Nancy and went upstairs. Mother helped her get ready for bed.

Ann took off her clothes and put on her 'nightie.'

She went to the bathroom and brushed her teeth.

"Ann, have you been to the toilet?" asked Mother. "Did you wash your hands?"

"Yes, I did," said Ann.

"I know a little sleepyhead," said Mother.

Ann smiled as she climbed into bed, and Mother tucked her in.

Mother opened the window wide and kissed Ann good night. The room was quiet and dark.

"Please tell me a story, Mummy," said Ann.

Mother sat down by the bed. Ann closed her eyes and listened.

"I know a beautiful fairy Princess. Her name is Princess Dark. She lives in the dark blue sky, near Lady Moon and the little stars. Every night

after the Sun goes to bed, the beautiful Princess peeps through the sky.

“Slowly and softly she slips down to Mother Earth. She does not come alone. The Sandman comes with her. They scatter a gray-blue dust over the earth.

“Away dash the sunlight fairies to their beds. The earth is dark and still, and people rest and sleep.



PRINCESS DARK AND THE SANDMAN.

“Princess Dark watches over them. When the children close their eyes and are very still in their beds, Princess Dark and the Sandman visit them. The Sandman scatters dust in their eyes, and Princess Dark takes them to Dreamland.

“There they see many strange and beautiful

things. They play games and romp with their animal friends. Sometimes they have lovely things to eat.

“One night a little boy saw three ice-cream mountains. One was called Peach Mountain, another was called Chocolate, and the third was called Vanilla.

“He went up Vanilla Mountain with something that looked like a spoon. What do you think happened! He ate up the whole mountain.

“Most boys and girls love Princess Dark. She is so gentle and good that it is fun to go to Dreamland with her.”

Softly Mother Joy began to sing:

Here comes the Sandman,  
Stepping so lightly,  
Stealing along on the tips of his toes.

Soon Ann was in Dreamland.

Mrs. Joy slipped quietly out of the room.

## VIII

### A HAPPY BREAKFAST

It was Sunday morning. The Joy family were eating breakfast.

Baby David sat in his new high chair. Bang, bang, bang, went his spoon on the tray. He cooed and laughed. He did so want to talk. "Da-da-da — da-da," he said.

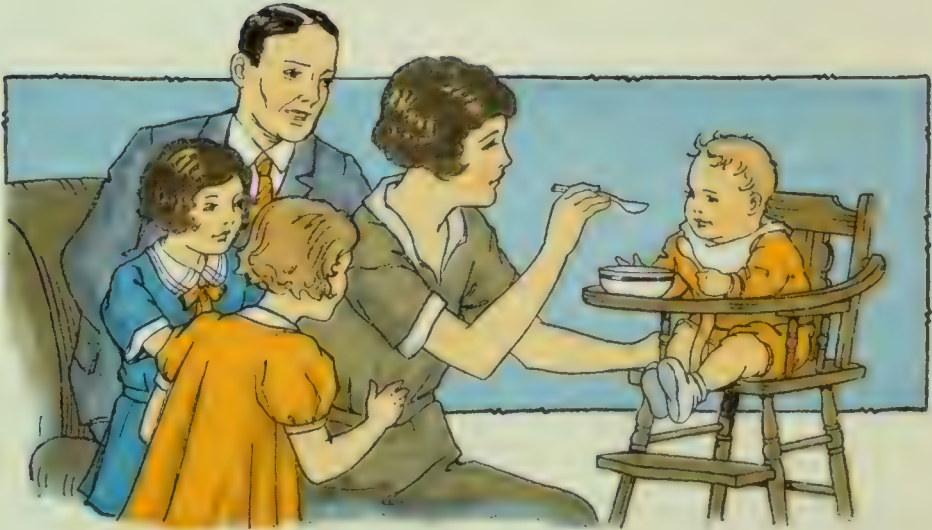
Mrs. Joy came in with a small bowl of warm cereal. David had never eaten cereal. He had never eaten anything. He had only had things to drink. Now he was to eat cereal. He was to eat it from a spoon.

Would he like this new food? Would he like to eat from a spoon?

Mother put some cereal in a spoon. She put the spoon close to David's mouth. David opened his mouth wide. He looked like a hungry bird. Mother put the cereal into his mouth.

David looked surprised. Then he blinked his





MOTHER PUT SOME CEREAL IN A SPOON.

eyes and swallowed. He smiled and looked around. Then he opened his mouth again, and Mother gave him some more.

“Um-um! Goo-goo!” he shouted.

“He likes it,” cried the children.

“Of course he likes cereal,” said Mother.

“Will he have cereal every day now?” asked Ann.

“He will make a big fuss if he doesn’t get it,” said Father. “Did you ever see such a little pig!”

They all laughed. Soon the cereal was all gone. Then Mother gave David his milk. He drank milk every morning. He drank orange juice every

morning. Now he would eat warm cereal every morning.

"You have had a good breakfast, young man," said Mother.

"I had a good breakfast, too," said Ann. "I had fruit and cereal and milk."

"That is a good breakfast," said Father Joy. "I'm glad you don't eat doughnuts and pickles like some children I have heard about."

"Children need fruit and cereal for breakfast," said Mother. "They need an egg two or three times a week. They need a glass of milk with each meal."

"That is just what Miss Lewis says," said Nancy. "She had us make a list of breakfast foods."

"Some of the children made a list of fruits. Some made a list of cereals. The others made a list of breads and drinks. Then we all chose a good breakfast."

Nancy got some paper and pencils: "Here, Gordon, you make a list of fruits, and I'll make a list of cereals. Father can help, too. He can name the breads and drinks."

Soon the lists were done. This was Gordon's list of fruits.

oranges	blackberries	apples
grapes	grapefruit	prunes
plums		pears

This was Nancy's list of cereals.

oatmeal	corn flakes	cornmeal
farina	wheat	rice
shredded wheat biscuit		

This was Father Joy's list.

toast	corn muffins	bran muffins	waffles
	milk	cocoa	water

## IX

### GORDON HELPS FATHER

Saturday morning Gordon woke early. He washed his face and hands, brushed his teeth, and combed his hair. He dressed as quickly as he could. Then he ran downstairs.

"Good morning, Father. Good morning, Mother. I am ready to go to the store," he said.

"You must eat a good breakfast first," said his father. "Boys who work must eat well."

After breakfast Mr. Joy drove the automobile up to the door. Gordon jumped in and away they went. Mr. Joy had a large store and Gordon liked to help his father at the store.

At the store Gordon said, "What shall I do, Father? I want to help you all I can."

"You may unpack those dried fruits," said his father. "Put them on this low counter. I want people to see them."

Gordon looked at the big box. It was full of





THE FRUIT MADE A PRETTY COUNTER.

little boxes. Some of these were round, and some were square.

In the boxes were raisins, figs, dates, or prunes.

Gordon went to work. He put the fruit on the counter. He put two boxes of figs in the middle. On one side of the figs he put a round box of dates. Down below he put the prunes. The raisins were across the front.

"That looks fine, Gordon," said Mr. Joy. "Here is the fresh fruit. I want that on this counter. Make a hill with the oranges and put them in the

middle. Put the plums and grapes around them. Put the apples between the plums and grapes.”

Gordon was busy for a long time. The fruit made a pretty counter.

A woman came into the store. She saw the pretty counter and spoke to Mr. Joy.

“How much are the oranges?” she asked.

“Thirty cents a dozen,” said Mr. Joy.

“Give me two dozen, please.”

“We have some nice dried fruit,” said Mr. Joy.

The woman bought a box of dates and a box of prunes.

At noon Gordon and his father went out to eat. They went to a cafeteria. Gordon liked to go to a cafeteria.

The food was on a long counter. Gordon took a tray, a napkin, and a knife and fork.

From the counter he took a cup of soup and put it on the tray. He chose a lamb chop, a baked potato, and some green peas. He put these on the tray. Then he chose a baked apple and a glass of milk.

He put his tray on a small table. Mr. Joy chose what he wanted and sat at the table with Gordon.



“You were a great help to me this morning, Gordon,” said Mr. Joy. “I liked the way you put that fruit on the counters.”

“Oh, it was fun, piling the oranges so high,” said Gordon. “I like fruit so much that it was hard not to eat some while I was working.”

“Well, fruit is good for you any time,” said Mr. Joy. “It is one of the few things that you should eat between meals.”

“I know it is,” said Gordon. “Sometimes I carry an apple to school to eat at recess. Nancy often takes dates to eat. Ann loves raisins, and Mother lets her eat them between meals.”

“Don’t forget David,” said Mr. Joy. “He has orange juice and prune juice, you know.”

“Mother says everyone should eat some fresh fruit or dried fruit every day,” said Gordon.

## X

### NANCY TELLS A STORY

Ann stood at the window. She was watching for Nancy.

"I wish Nancy would come," she said. "I am tired of playing alone."

"It has been a long, rainy day," said Mother.

"Oh, here she is!" Ann tapped on the window. A little red umbrella waved back.

"I have something nice for you, Ann," said Nancy as she came in.

"Oh, what is it, Nancy? Tell me quick!"

Nancy took a little paper cradle out of her rain-coat pocket.

"Where did you get it, Nancy?"

"I made it in school. Isn't it cute? I cut this out, too."

"An Indian!" said Ann.

"Yes, and I made this."

"What is that? A policeman?" asked Ann.



“Oh no,” laughed Nancy. “It is a Pilgrim.”

“A Pilgrim? What is a Pilgrim, Nancy?”

“Let me hang up my coat. Now come over on the sofa and I will tell you all about it.”

### THE STORY

“Many, many years ago some people came to our country from England. England is far across the sea, Ann. These people were called Pilgrims.



“The King in England was not kind to them. He said all the people must go to the same kind of church. The Pilgrims didn’t want to do this. They wanted to go to the church they liked best. They said, ‘We must go to some other place where we can have a church of our own.’

“They went to Holland first, and then they said ‘Let us go to America.’ So they took all their things to a ship and sailed away. The name of the ship was the *Mayflower*.

“Just think, Ann; when Miss Lewis crossed the ocean this summer, she went in five days. It took the Pilgrims three long months. The *Mayflower* was not like our fast boats.

“Some days were nice, and some were sad. One very nice thing happened. A little baby was born on the ship. It was his cradle I made for you, Ann.

“At last the Pilgrims landed in America. It was warm when they went on board the ship. It was cold now. They saw no white people; they saw only Indians.”

“Were the Pilgrims afraid, Nancy?” asked Ann.

“Perhaps they were at first, but the Indians were good to them. They helped them.

“The poor Pilgrims had little food left. The Indians gave them things to eat and told them how to catch fish and to shoot wild turkeys.



"The children did not like the food very well. It was new and strange. But they had to eat it or starve.

"Miss Lewis said it was good food. She said everyone should try new foods."

"I taste everything," said Ann. "Tell me the rest of the story, Nancy."

"By and by spring came. The Indians gave them corn to plant. The Pilgrims had never seen corn. The old chief told them how to plant it.

"When the leaves on the oak trees are as big as a mouse's ear, plant the corn," he said. "Put a dead fish in the hole with the corn. That makes the dirt rich."

"The Pilgrims had to work very hard. They had to chop down trees to make houses to live in. They had to hunt and fish. They had to plow the ground and sow the seeds.

"Some of the Pilgrims fell sick and died. They were glad when summer came.

"Oh, Ann, I forgot to tell you the first thing the women did when they got here. They washed their clothes.

"The men made a big fire outdoors. The women heated water in a big kettle and washed their clothes. The Pilgrims were neat, clean people.

"The corn grew well. The other things they had planted grew well, too. So when fall came, they had plenty to eat.

"‘Let’s have a Thanksgiving Day,’ they said. ‘We are thankful we are alive. We are thankful for our food. We will invite the Indians. We will give them a fine dinner.’

"Well, the mothers cooked and cooked and cooked. The fathers went hunting and fishing. The children picked wild plums. They found some wild grapes, too. At last everything was ready. They had a big Thanksgiving Party."

"Like Grandpa’s?" asked Ann.

"No," said Nancy, "they had this party outdoors. The children had such fun."

"That is like Grandpa’s," said Ann.

"Yes," said Nancy, "we do have fun at Grandpa’s.

"Well, the Indians showed the children how



to play new games. They gave them bows and arrows. One big chief brought them a nice present. You can't guess what it was, Ann."

"A turkey?" asked Ann.

"No, some popcorn. That was the first the children had eaten. They liked it very much. So everyone had a happy time. Then the Indians went home.

"Once a year, ever since then, we have had a Thanksgiving Day, Ann."

"That was a nice story, Nancy," said Ann. "Thank you very much. I wish I could go to school."

"You will some day," said Mother. "You told the story very well, Nancy. Ann must have her bath and supper now."

Ann went with Mother.

"I will play with my cradle and my man and my Indian tomorrow," she said.

## XI

### THANKSGIVING DAY

Every member of the Joy family was up bright and early. Everyone was happy. Everyone was busy. Even David was kicking and laughing by himself.

It was to be a great day for him. He was going to Grandfather's. He had never been there before. Gordon, Nancy, and Ann had been there many times.

Today was Thanksgiving Day.

"What is everyone thankful for?" asked Father Joy at the breakfast table.

"I am thankful that the sun is shining," said Gordon.

"I am thankful for my new dress," said Nancy.

"I am thankful for Baby David," said Ann.

"Your turn, Mummy."

"I am thankful that we have Grandfather and Grandmother," said Mother.

"Your turn now, Daddy."

"Let me see. I am thankful for the whole Joy family," said Father.

"Then we are a thankful family," said Nancy.

"Everyone in this house must be ready to jump into my car at half past eight," said Father.

"Da-da-da," said David.

"All right," said Father.

Everyone laughed and ran upstairs to get ready. When Mr. Joy came with the car, everybody was on the porch.

Mother, David, Nancy, and Martha sat on the back seat. Gordon and Ann rode in front with Father.

"All here?" called Daddy. "Then we are off."

"Good-bye, house," called Ann, waving her hand.

Sambo on the fence said, "Meow, meow."

The air was crisp. The sky was blue. The trees had lost their pretty leaves and were bare now.

"See the little squirrel running on the stone wall," said Gordon.

“He is going to his pantry,” said Mother.

“Yes, he had a nut in his mouth,” said Ann.

“When I was a little girl, we used to sing:

Over the river and through the woods

To Grandfather’s house we go.

The horse knows the way to carry the sleigh

Through the white and drifted snow.”

“I never rode in a sleigh,” said Nancy.

“No, you haven’t,” said Mother, “but I used to. It was fun.”

“I remember that song,” said Father. “I liked the last verse:

Over the river and through the woods

Now Grandmother’s cap I spy.

Hurrah for the fun! Is the pudding done?

Hurrah for the pumpkin pie.”

“The last verse is the best,” said Gordon.

“Let’s all sing it now,” said Nancy.

David opened his mouth as if he would sing, too. He was such a happy baby and he liked riding in the car.



A little later, Nancy said, "We are almost there. I can see the church spire."

Soon they came to the bridge. A turn in the road, and there was Grandpa's big white house.

"Toot! Toot! Toot!" Father sounded the horn. "Toot! Toot! Toot!"

"They hear us," said Nancy.

"There are Grandpa, Grandma, Aunt Fanny, Uncle Jim, and Cousin Bobby," said Gordon. "Hi, Bobby."

"Hi!" shouted Bobby. "We got here first."

Everybody was laughing and waving as they drove into the yard. Gordon jumped out and ran to kiss Grandma.

"My! What a bear hug!" said Grandma.

Grandpa picked up Ann. "See how Ann has grown," he cried. "You are a big girl now."

"Where is the baby?" said Aunt Fanny.

"We are coming," called Mother.

Then they all went into the house. Such a chattering. Everyone wanted to see how much the new baby had grown. Grandma took off David's sweater.

"He looks like Grandpa," said Ann, "'cause he hasn't any hair."

Grandpa laughed. He took David in his arms.

"Hurrah!" shouted Gordon. "Here are Aunt Mary, Uncle Dick, and Cousin Betty."

There was more shouting and laughter. They had to see David, too. Then Mother said he must be fed and have a nap. She gave him some milk and then put him on Grandma's bed. She went out of the room, and soon he was fast asleep.

What good smells came from the kitchen! Martha was out there helping Sarah.

"Can we help?" asked the aunts.

"I think everything is ready," said Grandma. "We shall just have to wait until the dinner is cooked."

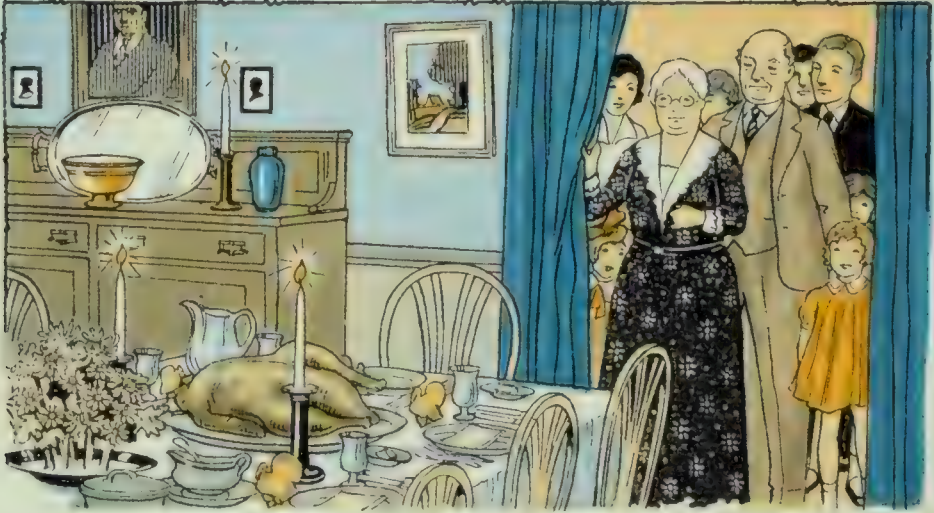
Betty, who was a little older than her cousins, whispered to Grandma. They went out of the room.

"More surprises?" asked Aunt Fanny.

Just then Martha came to the door.

"Dinner is served," she said.

Betty came in and sat at the piano. She played



GRANDPA AND GRANDMA LED THE WAY  
TO THE DINING ROOM.

a march. Everyone got in line. Grandpa and Grandma led the way to the dining room.

Grandma said, "The little turkeys will show you your places."

At each plate was a card with a turkey painted on it.

"Oh, how pretty!" said Uncle Jim.

"Betty made them at school," said Grandma.

"You did them so well, Betty. They look like those in the shop windows," said Aunt Fanny.

On the table in front of Grandpa was a large brown turkey. He took up the knife.

“Who speaks for drumsticks?” he asked.

“A drumstick for Gordon,” said Mr. Joy. “He wants to play in the band.”

“Give Bob a wing,” said Uncle Dick. “He wants to learn to fly.”

Such fun as they had! There were so many good things to eat! There were big dishes of potatoes, squash, turnips, and onions. There was crisp celery and there was bright red jelly. How good everything tasted!

When it was time for dessert, in came Martha. She brought a steaming plum pudding. Sarah came, too, with a pumpkin pie.

Daddy and the little Joys clapped their hands and sang:

Hurrah for the fun!

The pudding is done.

Hurrah for the pumpkin pie.

What a happy Thanksgiving Day!





## XII

### CHRISTMAS PLANS

"I was the first one up the steps," said Ann.

She opened the door into the warm living room. Mother and David were there. David looked very pleased. "Da-da-da," he said.

"Hi, big boy," said Father.

"How good the fire feels!" said Nancy.

It was Sunday afternoon. Nancy, Ann, and Gordon had been for a walk with Father. They hung up their coats and caps and sat down by the big fireplace.

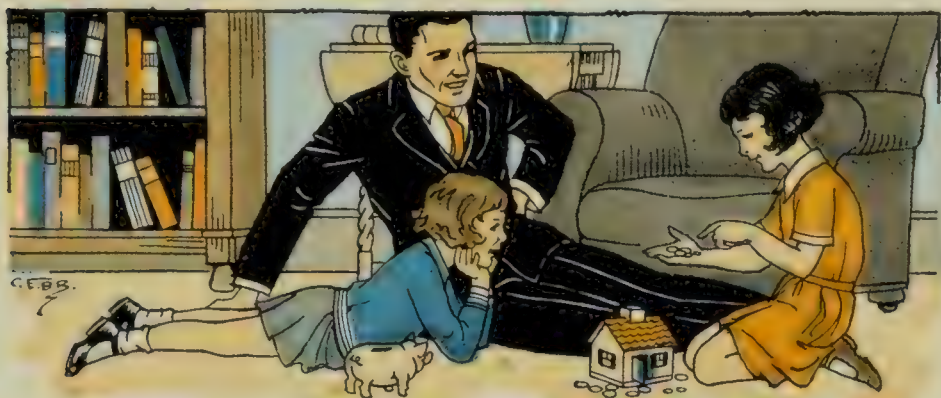
"My hands are cold," said Ann.

Father put another log on the open fire. The fire snapped and burned brightly.

"David is just ready for bed," said Mother.

"You may say good night to him now. He has been warming his little pink toes."

Ann threw him a kiss. Nancy waved her hand. "Good night, David," they all called. Mother and David went upstairs.



OUT CAME THE MONEY.

"Christmas will be here soon," said Mr. Joy. "Did you know that, children?"

"Oh, yes," said Nancy. "Let's count up our money and see how much we have to spend. Will you open my bank, Daddy?"

She handed him a little iron house with a tiny red door and a red chimney. Down this chimney Nancy had dropped her pennies.

Daddy took out a screw and out came the money.

"Oh my!" said Nancy. "I didn't know I had so much."

"I guess you are rich," said Ann.

"Oh, no," said Nancy. "I have been careful in spending. I have saved for Christmas."

Mother came in just then.

"Well, well, what are you doing?" she asked.

Father sat on the floor. Ann and Nancy were beside him.

"We are counting Nancy's Christmas money," said Father. "Two, four, six, eight, ten. She has four dollars and ten cents."



Ann brought her bank. It was a little yellow pig. Father opened it, and they counted the money. Ann had three dollars and five cents.

"I'll get mine," said Gordon.

He ran upstairs and brought down a bag.

"What a funny bank," said Nancy.

"That is what storekeepers use," he said.

He untied the bag. Gordon could count fast.

"One, two, three, four, five dollars. Twenty-five, fifty, sixty — five dollars and sixty cents," said Gordon.

"We must think what to buy," said Nancy. "We must write down a list of gifts."

"Wait until tomorrow," said Daddy. "We must plan a day to go shopping. How about some popcorn now? The fire is just right."

"Oh, yes," said Ann, "I am hungry."

Gordon brought the popper. Nancy got the corn, and Father popped it over the hot coals. The children ate it, and Daddy read the paper.

Soon Daddy called, "Children, I have a good idea. The firemen are asking for old toys. They will mend and paint them and then give them to poor boys and girls for Christmas. You children must have some toys you don't use."

"Yes, we have," said Gordon, "in the attic. Come, girls, let's go and see."

Soon they were back with their arms full of toys.

"We can mend some of these ourselves," said



Gordon. "Here is a Noah's Ark. I can paint the animals."

"Here is a baby doll I loved," said Nancy.

"Yes, the puppy ate her hair," said Gordon.

"You can buy her a new wig," said Mother.

"I will use some of my pennies," said Ann.

"Put the toys in the basket now," said Mother.

"We'll buy paint and glue when we go shopping and mend as many as we can on the next rainy day. Then we'll send them to the firemen to give away to poor children."



## XIII

### CHRISTMAS SHOPPING

“Now for our shopping trip,” said Mr. Joy.

It was just after breakfast on Saturday morning, two weeks before Christmas. There was no school, of course, and Gordon and his father were going to buy Christmas presents. Mother Joy and the girls had done their Christmas shopping. Nancy had her presents all wrapped and marked. She had them hidden away.

“You will be back for lunch, won’t you?” asked Mrs. Joy.

“Oh, yes, we will,” said Mr. Joy.

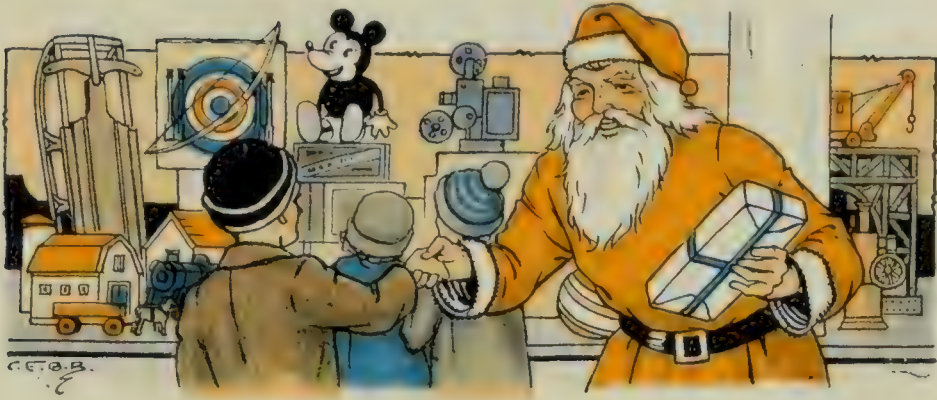
“Good-bye, big Santa Claus,” called Nancy.

Mr. Joy and Gordon laughed and waved their hands as they drove away.

When they reached the big store, Mr. Joy said, “Gordon, shall we go to the toy shop first?”

“Yes, Father,” said Gordon, “toys are first on my list. Let’s go there.”





“GOOD MORNING, YOUNG MAN.”

“Good morning, Santa,” said Gordon.

“Which package will you choose?” asked Santa. “I will take this one, if you please, and thank you,” said Gordon.

He took a small red box tied with red ribbon. He untied the ribbon and opened the box. Out leaped a jumping jack.

“Oh goody, goody,” said Gordon. “Won’t I have fun with this!”

“Come, come,” laughed Mr. Joy. “We must do our shopping.”

Gordon looked at his list. He knew what he wanted to buy. You remember he had counted his money on Sunday. He still had it in the cloth bag.



"I want a set of dishes for Ann," he said.

"May I help you?" asked the clerk.

"Yes, thank you. How much are these dishes?"

"The blue ones are 50 cents; the green ones are a dollar; the pink ones are 30 cents," said the clerk.

"Ann likes pink," said Gordon. "I'll take the pink dishes. Oh look at this funny cat!"

It was a funny cat. It was made of pink rubber filled with air like a balloon. It had a small head, a large body, and cardboard feet.

It was very light. Gordon pushed it. Up it bounced. Wiggle — woggle — wiggle. Then it stood still again. They all laughed.

"David will like that, won't he, Daddy?"

"I am sure he will," said Mr. Joy.

"You buy him that, and I will buy him this red ball."

Gordon bought a book for Nancy and two pretty handkerchiefs for Mother. He bought an apron for Martha. He bought Father a beautiful pencil that would fasten in his pocket. Father

did not see Gordon buy it. He was looking at roller skates.

Just before they went home Gordon bought a present for Sambo. It was a catnip mouse. Gordon said, "I will give it to Sambo on Christmas morning."

## XIV

### CHRISTMAS FUN

It was late in the afternoon, the day before Christmas. Nancy and Ann sat at Ann's little table stringing popcorn. Each one had a dish of it.

"Look, Nancy," said Ann. "See my string. Oh, Mother, see our long strings of corn!"

Mrs. Joy came into the room.

"They are beautiful," she said. "You are real Christmas fairies."

"Daddy will be surprised, won't he?" said Ann.

"Yes, he will, and pleased, too. You are such good helpers."

"Mary Jones buys all the ornaments for her Christmas tree," said Nancy.

"Some people do," said Mrs. Joy. "I think it is more fun to make some of them. Popcorn is always so pretty on a tree. I think we have enough now. We will clean up the room."

“Put the silver stars in this box, Ann, and the corn in this basket. The lights for the tree are on the table. The ornaments are here, too. Daddy will bring the tree with him when he comes home, and we will trim it tonight.

“Come, Ann, your supper is ready. Are you ready, too?”

Ann washed her hands. Then she ate her supper at her own little table. Her blue eyes looked very sleepy.

“We must hurry,” said Mother, “the sandman is on the way.”

Ann hung her stocking by the fireplace. Then she and Mother went upstairs, and Ann went to bed. Very soon the sandman came.

Nancy stood at the hall window. She was watching for Father. She sang this little song to herself:

Star light, star bright,  
First star I have seen tonight.  
Wish I may, wish I might  
Have the wish I wish tonight.



"Mother, here is Daddy now," she called. "My wish has come true. I wished he would come soon. He and Gordon have the tree."

She opened the door for them.

"Christmas trees, Christmas trees. Who will buy a Christmas tree?" sang Gordon.

Father had the tree on his back.

"Put it between the windows," said Mother. "We will trim it by and by. It is time to eat now."

When the meal was over, they went into the living room. They were ready to trim the tree.

Father climbed the stepladder. Nancy held up a large gold star. "Put this on the very tip top," she said.

"Look here!" said Father. "A surprise! See what I have found!"

He lifted one of the branches. Here was an empty bird's nest.

"Oh, oh," said Nancy. "A little bird left it for David. Let's put his new rattle in it."

"Now for the popcorn," said Father. "Oh, what a nice long string! I love popcorn on a



FATHER CLIMBED THE STEPLADDER.

Christmas tree. I used to string it when I was a boy. Now for the ornaments and last of all the lights! There, Mother, how does it look?"

"Oh, beautiful," said Mother. "We never had a prettier tree."

Mother was putting cups and plates on a tray.

"Who's coming?" asked Gordon.

"The carol singers. It is cold tonight. Let's make some hot cocoa for them."

"Oh, that will be fine," said Daddy.

"Mother always thinks of nice things to do," said Nancy.

"Thank you, dear. You may put these little

cakes on a tray. You may put the napkins there, too, Gordon. Now we are ready."

"Just in time," said Father. "Hark!" He opened the window. "God rest ye merry, gentlemen," sang the sweet voices. Then, "Joy to the World," "Silent Night," "Noël, Noël" came in on the cold night air.

The children clapped their hands.

"Come in, come in, ye merry gentlemen," called Father. "Bring in the ladies, too. It's cold outside."

The singers came in. Gordon passed the plates and napkins. Nancy passed the cakes. What a merry time they had!

"Thank you, Mr. and Mrs. Santa Claus," said the big bass singer. "Thank you all. We must go to the hospital now.

"Merry Christmas to you all,

And to all

a

good

night."

"Didn't we have fun!" said Nancy.

“Christmas comes but once a year. Let us be merry while ’tis here,” sang Father. “Now off to bed, you sleepyheads. Santa won’t come if you are up.”

“Good night, Daddy; good night, Mother,” called the sleepy voices. “Leave a cake for Santa Claus.”

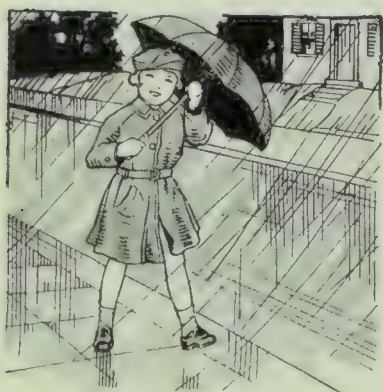


## XV

### ANN'S VISIT

Soon after breakfast Ann said, "Mother, may I go now?"

"I think you had better wait a little while. It is raining hard, and I don't want you to get wet, Ann," said Mrs. Joy.



"Oh, I won't get wet. I'll wear my raincoat and rubbers, and I can carry Nancy's umbrella."

"What about the puddles?"

"Oh, I'll keep out of the puddles," said Ann with a smile. "I don't want another cold."

"All right," said Mother. "Put on your thick sweater and wear your raincoat over it. It is a cold day."

Ann was to spend the day with her little playmate, Jane. Jane lived not far away. Ann found her in the playroom.

"Hello, Jane," said Ann.

"Hello, Ann," said Jane. "I am so glad you came to play with me. We'll play with my dolls."

Jane had two dolls. One was big and pretty. She had dark hair and blue eyes, and she wore a blue dress. Jane called her 'Patty.'

The other doll was little and old. Her hair was light and her eyes were brown. She wore a brown dress. Her name was 'Sarah.'

"Ann, you play with Patty," said Jane. "I will play with Sarah. I can play with Patty when you are not here."

"Thank you, Jane," said Ann. "Patty is such a pretty dolly."

The children had a happy time together, but Jane kept coughing, and now and then she sneezed.

"You have a bad cold, Jane," said Ann. "Hold your handkerchief over your nose when you cough or sneeze. If you don't, you will give me your cold."

"I haven't any handkerchief," said Jane. "Will you please lend me yours?"

"Oh, no," said Ann. "I might catch your cold. You must use your own handkerchief. I carry a clean one every day."

Jane got herself a handkerchief. She had a great many, but she always forgot to carry one. Now she blew her nose very gently. She felt hot and tired.

The room was very warm, and the air was dry. No windows were open, and it seemed hard to breathe.

Ann felt hot, too. She wanted to go home.

After lunch Ann said, "I must go home now, Jane."

She put on her rubbers and coat. She said good-bye to Jane and walked down the street very fast. How good the fresh air felt. She did not like hot, dry air.

Ann waited to cross the street until the policeman held up his hand. All the automobiles stopped; then Ann ran across the street. Soon she was home again.

The next day Ann did not feel very well, and the morning after that she felt worse.

Mother said, "Ann, you must stay in bed. I am afraid you caught Jane's cold. You shouldn't play with her when she has a cold."

Ann stayed in bed. She drank many glasses of water, two glasses of orange juice, and three glasses of milk.



ANN STAYED IN BED.

Mother gave Ann paper handkerchiefs to use. Ann held one over her mouth and nose when she coughed or sneezed.

Mother did not kiss Ann. Each time Mother left Ann's room, she washed her hands. She didn't catch Ann's cold.

Gordon, Nancy, and David kept away from Ann's room. They didn't want her cold. In a few days Ann was well again.



## XVI

### MAKING A SNOW MAN

Nancy opened her bedroom curtains one morning and peeped out of the window.

"Oh, Ann," she called, "it snowed in the night. The ground is all white. The gatepost looks like a big frosted cake. Hurry and get dressed. It is Saturday, and we can go out to play in the snow."

Then she ran downstairs. Breakfast was ready, and they sat down to eat.

"We can have fun today, can't we, Daddy?" asked Ann.

"You surely can," said Daddy. "Why not make a snow man? Gordon knows how to make one."

"Oh, will you help us, Gordon?" asked Nancy.

"Yes. I think the snow is soft enough to roll," said Gordon. "Wrap up warm, you girls. Hunt up your mittens."

"I shall wear my new mittens," said Ann, "the red ones Grandma knit for me for Christmas."

Breakfast was soon over. The children put on their warm clothes. Then they ran out to play.

"We will make the snow man near the maple tree," said Gordon. "Make a snowball first. Now put it on the ground and roll it. See! It grows bigger and bigger. I'll roll a big one for his body. You roll one for his head, Nancy. You roll some small ones, Ann."

Soon Gordon's was very large. He rolled it near the tree. He put Nancy's on top for a head. Then they made the arms.

"He needs eyes," said Nancy.

"I'll get some coal," said Gordon.

"Put some coal in for teeth, Gordon," said Ann.

"Oh, no, Ann," said Nancy. "He must not have black teeth. He is a clean snow man. His teeth are white."

"Oh, yes," said Ann, "but he needs a hat, Gordon."

"There is an old black one in the cellar. I'll get it."



“Hi! OLD SNOW MAN!”

He put it on the snow man’s head. He put an old broom in his hand.

“Hi! old snow man,” he called. “Attention! Now let’s make a fort behind him.”

The little Joys worked hard. They had a jolly time in the winter sunshine. When Daddy came at noon, the fort was done.

“Ha, ha, Mr. Snow Man,” called Mr. Joy. “Let’s see who can knock his hat off.”

Such sport as they had! The snowballs came fast, but Mr. Snow Man was brave. He didn’t run away. But when the game was over, his hat was off, his arm was broken, and he had lost an eye.

“You are all as warm as toast,” said Mother, as

they came into the house. "That's what exercise does for you. Now for a hot bath, Ann. Nancy and Gordon, change your wet clothes for dry ones; then my hungry chicks will be ready for a nice hot lunch."



## XVII

### DADDY'S PRINCESS

One day after her nap Ann went into her Mother's room. There on the floor was a new play pen for David.

"Oh, Mother, what a nice pen," said Ann.

"Yes," said Mother Joy. "Won't David be pleased to have a little play place all his own?"



Now that he can sit alone, he needs one."

Mrs. Joy got David up from his nap. She dressed him in a blue romper suit and put him in the new pen.

David sat up very straight and looked around. Ann gave him his red ball and his little duck. Soon he was playing happily.

"What a strong, straight back David has!" said Mrs. Joy. "He makes me think of the Indian we saw last Sunday."

"What Indian?" asked Ann.

"We saw the statue of an Indian at the Art Museum," said Mrs. Joy. "The Indian was sitting on a horse. He sat very straight and tall. He looked very strong and handsome."

"Why did he sit so straight?" asked Ann.

"Indians have the habit of sitting straight," answered Mother Joy. "Look at David! He sits tall. He has a straight back. His muscles are strong, and they hold him up straight. His muscles are strong because he has the right kind of foods to eat. Milk and sun baths help to make his bones strong. Cod-liver oil is good for his bones, too."

"Do I sit straight?" asked Ann.

"Yes," said Mrs. Joy. "You sit tall and stand tall. I hope you will have good habits when you go to school."

"What is a habit?" asked Ann.

"Anything you do over and over again becomes a habit," said Ann's mother. "If you do the same thing over and over again, you teach yourself to do it without thinking about it."

“If you sit carelessly, you get in the habit of always sitting carelessly. If you sit straight and tall, soon you have the habit and you will always sit straight and tall.



“That is why Daddy bought the little chairs for you. They are the right size for you; so you can sit way

back in them with your feet on the floor. You can lean against the back of the chair, and you don't get tired. You can sit at ease, and you can sit straight and tall.”

“Is that why Daddy calls me his pretty little Princess?” asked Ann.

Mother Joy laughed. “That is right, Ann,” she said. “Little girls can't be pretty unless they sit well and stand well. Nothing is pretty unless it has a pretty shape. Even a new dress doesn't look well on a little girl unless she stands tall like a Princess.”



“Oh, Mother! May I put on my new dress? Then when Daddy comes, I will stand straight and tall. Then he will call me his pretty little Princess.”



## XVIII

### MOTION PICTURES AT SCHOOL

One Friday afternoon after lunch Mother Joy said, "Wash your hands, Ann, and get your coat and hat."

Mother and Ann were going to see a motion picture at the schoolhouse.

Miss Lewis had asked them to come. They were going with Nancy and Gordon.

They all walked down the street together. They went down a little hill and up a little hill and then came to the schoolhouse.

Miss Lewis met them at the door. She took Mrs. Joy and Ann into a big room. There were many other mothers in the room. Soon all the school children came in with their teachers.

The lights went out, and the room was dark. A picture came on the screen.

This is what they saw. Three boys were running fast toward a house. It was raining hard,

and the boys were running to get out of the rain.

They left their wagon on the front walk. They went into the house and ran upstairs to the play-room.

Each boy chose a toy. Then they went downstairs to play with the toys.

One boy had an electric train that he took into the living room.

His mother was sitting in the room sewing, and his baby sister sat on a blanket on the floor, playing with her toys. She had a rattle, a duck, and a teddy bear. What a happy baby she was!

The boy put his train and track on the floor and began to put the track together.



The other boys were in the hall. They were building a bridge. Parts of the bridge were all over the floor. One small piece was on the stairs. The boys had dropped it, and they had not picked it up.

These boys were very busy. They built a fine high bridge. They left it on the floor and went into the living room.

All three boys played with the train. They put it on the track. It looked like a real train as it ran round and round. The boys had great fun with it.

Mother went into the kitchen and called the boys. She gave them some animal crackers. It had stopped raining; so the boys went outside to eat the crackers.

The little baby was left alone. Baby saw something bright on the floor and crawled over to it.

It was a piece of the track the boys had left on the floor. She took it in her hand. She put it in her mouth. It had a sharp edge. It cut Baby's mouth and she cried and cried.

The mother came in and picked up the poor baby.

Then a little girl ran into the hall and fell over the bridge. She cut her finger and hurt her leg.

She got up and went out to find her mother. She tried hard not to cry, but she was in great pain.

The mother cleaned the cut and put a clean piece of cloth over it.

It grew dark outside. An old woman came slowly toward the house. She was the grandmother of the boys. As she came up the walk, she fell over something.

It was the wagon the boys had left there. They had not put it away. The poor old lady had broken her leg. She was taken to the hospital.

The picture faded away. Then some words came on the screen. Here are the words:

HELP FATHER AND MOTHER  
KEEP THE HOME SAFE

Another picture came on the screen. Two boys and a girl walked into a room. They took



toys from a big box. They went to one corner of the room to play.

They were careful of sharp-pointed toys. They kept things from their mouths. The little girl cut out paper dolls. She was careful with the scissors. When she was through, she put the scissors away. She put them in a little box and put the box on a high shelf.

She picked up all the paper from the floor and put the paper dolls in a book. The boys picked up their toys and put them back in the box. The room was left clean and neat.

The picture faded, and these words came on the screen:

DO YOU HELP MOTHER KEEP A SAFE HOME?

## XIX

### THE SAFETY CLUB

It was a cold day, but all the children were out with their Christmas sleds. It was good coasting.

Gordon came rushing into the house.

"Mother," he called, "Mother, where are you?"

"Upstairs," called Mrs. Joy.

Gordon ran up two steps at a time.

"Mother, Dick Watson has been hurt."

"Oh," said Mrs. Joy, "how did it happen? Was he coasting?"

"Yes," said Gordon, "an automobile hit him. His leg is broken. The policeman said it was fortunate that he was not killed."

Just then the door opened, and Nancy and Ann came in. They had been over to see Jane.

"Mother," called Nancy, "are you upstairs? Is Gordon home?"

"Yes," said Gordon, "I am here."

"Oh, I am so glad," said Nancy. "I am so



"DICK WAS VERY FOOLISH TO COAST THERE."

glad you didn't coast on Pine Hill. Dick Watson has broken his leg."

"I can read signs," said Gordon. "This one says, NO COASTING. Dick was very foolish to coast there. The boys say it served him right."

"Can we send him something, Mother, and tell him we are sorry?" asked Nancy.

"Some fruit," said Ann, "and some nuts."

"Oh, I know," said Nancy. "Let's send him a Sunshine Box. We sent Mary Smith one when she had her tonsils out."

"That would be fine," said Mrs. Joy. "Each member of the Safety Club could help."

The next day Gordon told the plan to the other boys and girls. After school they came home with him to fill the box. Gordon had found a bright yellow box at the store.

Harold brought a picture puzzle. Susie brought a comb. Tom gave a book. Each child brought something.

The children wrapped the gifts in white paper and tied them with yellow ribbon. When the box was filled, it was very heavy.

"Can you make a rhyme, Mother?" asked Nancy. "We will tie it on the top of the box."

"Let me see!" said Mrs. Joy.

Here is a box of sunshine bright.  
We've packed it full of cheer.  
The members of the Safety Club  
Are sorry for you, dear.

"Oh, that's fine," said Gordon. "Now we will take the box to Dick."

When they reached Dick's house, his mother said he was asleep.

"I will give it to him when he wakes up," she said. "He will be so pleased."



“He is to open one gift each day until he has seen them all,” said Gordon.

“What a nice plan!” said Mrs. Watson. “This kind of sunshine will help him, I’m sure. When he gets better we will ask the Safety Club to have a meeting here.”

## XX

### ANN MAKES A DISCOVERY

Baby David was having his exercise. He lay in the middle of Mother's bed, kicking his legs up and down as fast as he could. Most of the time he was doubled up like a jackknife.

His arms went up and down, and back and forth. He squealed and cooed. How he loved to talk to himself!

All at once he caught his foot in his hand and pulled it toward his face. He lifted his head a little and opened his mouth wide.

What do you think happened? Baby David put his big toe into his mouth! He seemed to like it. Such a noise as he made!

Ann came into the room.

"Oh, David, how funny you look! Are you so hungry? Do you have to eat your toe?"

Ann leaned over the bed to play with David. He reached for her hair. He grabbed it and pulled.

"Oh, oh, don't pull so hard, you little monkey," cried Ann.

David laughed and pulled harder. He and Ann often played this game. At last Ann drew her head back and smiled at David. He smiled back at her.

"Oh, oh, oh!" cried Ann. "Mother, come here quick. What do you think! David has a tooth!"

Mother Joy came into the room.



"A tooth? David, dear, smile for Mother."

David gave a little laugh. Sure enough! There in his lower gum was a little white tooth. He kept smiling and cooing. He seemed very proud of himself.

"When will he get another tooth?" asked Ann.

"Very soon. He'll be cutting teeth for a long

time. He must cut twenty baby teeth. Let me look in your mouth, Ann."

Ann opened her mouth wide.

"I have my teeth," she said.

"Yes, you have your baby teeth, but by and by they will be falling out. New ones will come in their places.

"You have ten teeth upstairs and ten teeth downstairs. At each end of the row more teeth will grow. They will be larger than your baby teeth. They will be broad. You will use them to grind the food you eat.

"We call them the six-year molars, because they come when you are about six years old. They will not fall out like your baby teeth, but should stay with you always if you take care of them."

Mrs. Joy got her hand mirror.

"I'll show you where to look for the molars. Open your mouth wide."

Ann did so, and Mother showed her the places.

"When you get your molars, we must go to see your friend, the dentist. Do you remember Dr. Reed?"



"Yes, Mother," said Ann. "He was a nice man. I sat in a chair that went up and down. Dr. Reed made it tip back while he looked at my teeth. He had a funny little mirror."

"I am glad you like Dr. Reed," said Mrs. Joy. "He is a good friend to all of us. He helps us keep our teeth."

"What makes teeth so hard, Mother?"

"The food that you eat. To build strong teeth, little boys and girls need to drink milk and eat fresh fruit and fresh vegetables every day.

"There is another thing that helps to build strong teeth. It is something we don't eat, and we get a lot of it in the summer time."

"I know what it is," said Ann. "It is sunlight."

"Yes," said Mother. "Sunlight helps make our teeth and bones strong. That is why David has a sun bath every day."

"Un," said David, "Mam-ma-ma."

"Come to Mother, dear," said Mrs. Joy. "Big boy! Got his first tooth! Just wait until we tell Daddy."

"Da, da, da," said David.

## XXI

### NANCY CALLS ON AN OLD FRIEND

It was the last Tuesday in March, and the school day was over. Nancy Joy walked down the street toward the city.

She was not going home. She was going to call on an old friend. He was one of her best friends, but she saw him only twice a year. She always called on him the last Tuesday in March and the last Tuesday in September. Nancy's mother made these dates.



Nancy hurried along. After a short walk she came to a big brick building. She went into the building and walked upstairs. She came to a door marked 24. On the glass in the door were these words—DR. REED, DENTIST. Nancy opened the door and went in.

"Hello, Nancy," said the lady at the desk.  
"Back to see Dr. Reed?"

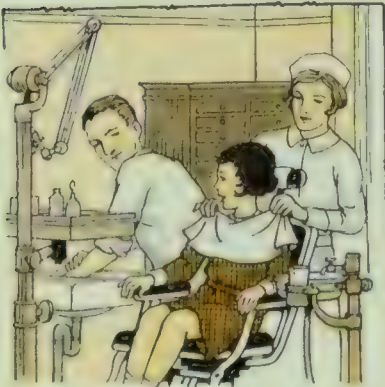
"Yes, this is the first time I ever came alone."

"You are a big girl. How is that baby at your house? Is he ready to see the dentist?"

Nancy laughed. "He will be coming soon. He cut his first tooth last week. Another one is almost through."

"That's fine. Come in now; Dr. Reed is ready for you."

Nancy went into the other room. There stood a big man in a white coat. He had a jolly smile.



"Hello, Nancy Joy! How is my little friend today?" he said.

"Fine, thank you," said Nancy. "I came to have you look at my teeth."

Dr. Reed laughed. He was such a jolly man. He was kind and gentle, too. Nancy liked him so much. All the Joy family liked Dr. Reed. He talked to Nancy while he washed his hands.

Nancy climbed into the big chair. It was such a funny chair. Dr. Reed could make it go up or down. He could make it tip back and he could make it turn.

The nurse put a towel around Nancy's neck. Dr. Reed put his foot on a spring and up went Nancy and the chair.

"Now let me look at those teeth." He put a small round mirror in her mouth. This helped him see the back of her teeth. He looked at each one of them. There were dark stains on some of them that Dr. Reed had to take off. He worked gently.

He cleaned each tooth carefully. Nancy did not mind, for she knew he would not hurt her.

"Nancy," he said, "I find only one tooth with a hole in it. It is a tiny hole; so I can fill it in a jiffy. It would take a long time to fill a big hole, and it might hurt, too."

"That is why I come to see you often," said Nancy. "I don't want little holes to grow into big ones. I don't like pain."

"You are a wise little girl. I wish there were more like you."



Dr. Reed was pleased with Nancy. He worked fast, and soon the work was all done.

“Oh, my mouth feels so clean,” said Nancy.

“Well you must help me keep it clean. Brush your teeth with paste or powder every morning and every night before you go to bed. Keep your toothbrush clean and dry. Buy a new one every six months. Buy one with firm, hard bristles. Can you remember all that?”

“Yes, I can,” said Nancy. “Miss Lewis, my teacher, has told us how to take care of our teeth.”

“There is one other thing to remember, Nancy. Eat very little candy, and don’t eat it between meals. If you are hungry, eat an apple. Too much candy or sugar makes holes in teeth grow larger.”

“I like candy,” said Nancy, “but I don’t have it often. Sometimes Mother gives me a piece after lunch. She never lets me have it at night.”

Nancy put on her coat and hat.

“Good-bye, Dr. Reed.”

“Good-bye, young lady. Shall I see you next September?”

“Yes, Dr. Reed, perhaps before September. Mother is coming to see you soon. I may come with her.”

Dr. Reed smiled.

He and Nancy were great friends.

## XXII

### A NEW GAME

Recess was just over at Nancy's school. All the children were in their places. The room was very quiet.

"Let's play the game of Twenty Questions," said Miss Lewis. "I liked this game when I was a little girl. Our questions will be about teeth.

"I will ask some one a question. If his answer is right, he may ask some one a question.

"Ready! I am thinking of something Nancy Joy uses. It is her very own. She keeps it in the bathroom. Every one in this room has one. Mine has a white handle. Some have red handles. Some have blue or green handles. What is it, Annie?"

"A toothbrush," answered Annie.

"Right you are, Annie," said Miss Lewis. "You may ask the next question."

"Jennie, how many baby teeth did you have?"

"Twenty," said Jennie. "Ten upstairs and ten downstairs."

"Right," said Annie. "Your turn, Jennie."

"What happens to the baby teeth, Mary?"

"They fall out one by one. New ones grow in their places. Sarah, how many teeth should you have when you are grown up?"

"Thirty-two. James Smith, how many in each jaw?"

"Sixteen upstairs and sixteen downstairs. You didn't catch me, Sarah." "Here is a hard one, Susie," said James. "What are six-year molars?"

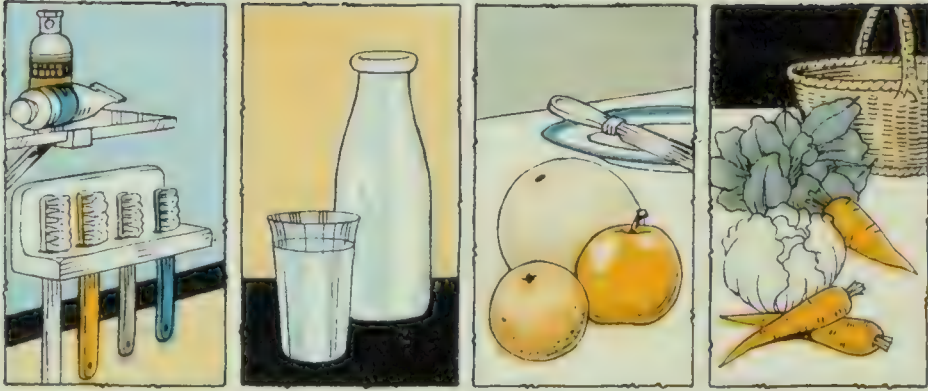
"They are the teeth we grind our food with. Mine came while I was six years old. Why are they important, Betty?"

"They come to stay. If we lose one, no other will grow in its place. Alice, who helps you take care of your teeth?"

"The dentist," said Alice. "He looked at my teeth yesterday. He cleaned them. He took off a dark stain. Then he gave me my dental card. What does a dental card say, Tom?"

"It has the name of a dentist on it. It says the





“NAME SOME GOOD TEETH-BUILDERS.”

teeth are in good condition. How often should one visit a dentist, Lena?”

“Once in six months. I am going to visit my dentist tomorrow. How do you brush your teeth, Nellie?”

The children laughed. Nellie did not care. She laughed, too. Nellie came to the front of the room. She said, “I wet my brush with water. Then I put tooth paste on my brush. I brush the upstairs teeth from the gum down. I brush the downstairs teeth from the gum up. Sometimes I brush my tongue and the roof of my mouth. Name some good teeth-builders, Henry.”

“Milk, fresh fruit, green vegetables, and dark bread. What will harm the teeth, Jack?”

“It is harmful to crack nuts with the teeth.”

Ring-a-ling-ling. Ring-a-ling-ling.

“There is the bell,” said Miss Lewis. “It is time to go home.”

“I like that game,” said Tom.

“You were very good teachers. You asked good questions,” said Miss Lewis. “We will play it again some day.”

## XXIII

### THE PARTY

It was Saturday morning, and it was raining. Nancy and Ann Joy stood at the window. They looked cross and unhappy.

"All our plans are spoiled," said Nancy. "I wish I lived where it never rained."

"What is this I hear?" said Mother, coming into the room. "You don't like the rain? Oh, yes, you do. Think of all the good the rain does."

"It always rains when we plan nice things," said Ann.

"Perhaps the rain is getting ready for the party," said Mother. "The little grass blades need to have their faces washed. The leaves on the trees have soiled their pretty green dresses. They have to be washed. All mothers have a washing day, you know. This must be Mother Nature's washing day."

The little girls smiled.

“We can make up a new game,” said Nancy. “Let’s think of all the things in the world that are being washed. Your turn first, Ann.”

“The pussy willows,” said Ann.

“All the trees,” said Nancy.

“The ferns,” said Ann.

“The mountains,” said Nancy.

“The roads and walks,” said Ann.

“All the flowers,” said Nancy, “roses and lillies and daffy-down-dillys.

“The winds help clean Mother Earth, too. When the South Wind blows, it is like a soft brush. The spring flowers wake up and push out their little heads. The North Wind is a very stiff broom. He does his work in a hurry. East Wind is a scrubbing brush, and West Wind sweeps out the corners.”

“Oh ho!” laughed Ann. “Who told you so, Nancy?”

“Miss Lewis,” said Nancy. “Oh look, Ann, the sun is coming out. Goody, goody, goody. We can have the party after all.”

The children had invited several little friends



to visit them this afternoon. Jane, Mary, and John were coming and Harry and Grace. Gordon had invited Will Berry and Dick Jones.

By afternoon it was warm and sunny and everything looked very clean. Everybody was waiting when Mr. Joy drove into the yard. Even Baby David was there in his go-cart.

"Hello, everybody," said Mr. Joy as he stepped out of the automobile.

He took out a spade and a brown package. The package was about as tall as Ann.

"What is in the package, Daddy?" asked Ann.

"A surprise," said Mr. Joy. "Let's play Follow the Leader, and all follow me."

The children followed Mr. Joy down the walk into the back yard, and then around into the front yard again. He stopped at one side of the house near the driveway.

With his spade he dug a deep hole in the ground. He untied the package. Inside was a little spruce tree.

"Children," said Mr. Joy, "this is Arbor Day. Our governor asks every one who can to plant a

tree on Arbor Day. I am going to plant this one. You may all help me.

"If it lives, it will be a beautiful tree when you are grown up. You can tell your children that you helped to plant this tree. I chose a spruce tree because it is always green."

"Little birds can sleep in it when it is cold," said Nancy.

"We can put lights on it at Christmas time," said Gordon.

"I hope its shape will be as beautiful when it is grown as it is now," said Mr. Joy.

He put some water into the hole. He stood the tree up in the hole and passed the spade around. Every one put some dirt back into the hole. They pressed it down firmly around the tree and soaked it with some more water.

Then Mr. Joy led them into the house. They played games, and Mrs. Joy gave them some ice cream.

Gordon gave them these questions to answer:

1. What tree is always the same color?
2. What tree gives us sugar?

3. What tree makes you think of the seashore?
4. What tree did George Washington like?
5. What tree do you carry in your hand?

Can you answer them, too?

## XXIV

### THE JOYS CLEAN HOUSE

A soft wind was blowing, and the sun was shining brightly. April showers had washed the earth fresh and clean.

"Oh, Mother, see how green the grass is," said Nancy, running down the steps. "The trees are sending out new leaves, and there is a crocus in blossom."

"Yes," said Mother. "Spring is here! Mother Nature has cleaned house, and now the Joy family must clean house. We will begin today."

"What shall we do first?" asked Ann.

"Well, this is a good day to put away winter clothes," said Mother. "We will hang our winter clothes outdoors in the sunshine. We will brush them well, and they can air in the sunshine all day."

Soon they were all working happily. Upstairs, downstairs, in and out of the house they went.



You should have seen the clothes on the line! Winter coats were swinging in the breeze. Winter dresses, heavy sweaters, and woolen mittens were there.

"Come, children," said Mother Joy. "Now we will go upstairs and clean the bureau drawers.



We will take everything out of them and wipe each drawer with a damp cloth."

Mrs. Joy cut some clean white paper to put in the bottom of each drawer, and they all went to work.

Gordon worked alone in his room, and Nancy worked alone in her room. Mother helped Ann.

Baby David was in his pen on the porch. He was too little to help, but he was busy playing.

"You must put your clothes back carefully," called Mother, "I want each drawer neat and clean."

An hour later Mother Joy called, "Who is ready for inspection?"

"I am," shouted Gordon. "I am through first."

Mother Joy went into Gordon's room. "You are a very neat boy," she said. "I like the way you take care of your things. You have a place for everything, and everything is in place. You are a good housekeeper."

"I'm ready," called Nancy.

Mrs. Joy inspected each room.

"I am proud of your work, children," she said. "You have helped me very much, and I thank you. Now all of you run out and play."

All the next week Mrs. Joy and Martha cleaned house. They put the winter clothes away in tight bags. Here they would be free from dust, and moths could not get into them.

Everything in the house was cleaned and put back in place.

The windows, the woodwork, and the curtains were washed. The walls were swept down, and the rugs cleaned and aired. You never saw such a clean house.

Father Joy had been busy, also. He put screens on the doors and windows to keep out flies. He

and Gordon cleaned the yard. They raked up the dead grass and the leaves.

Nancy and Ann helped pick up the papers that had blown under the plants and shrubs in the yard.

"We'll have a bonfire this evening," said Mr. Joy. "I'll get a fire permit today."

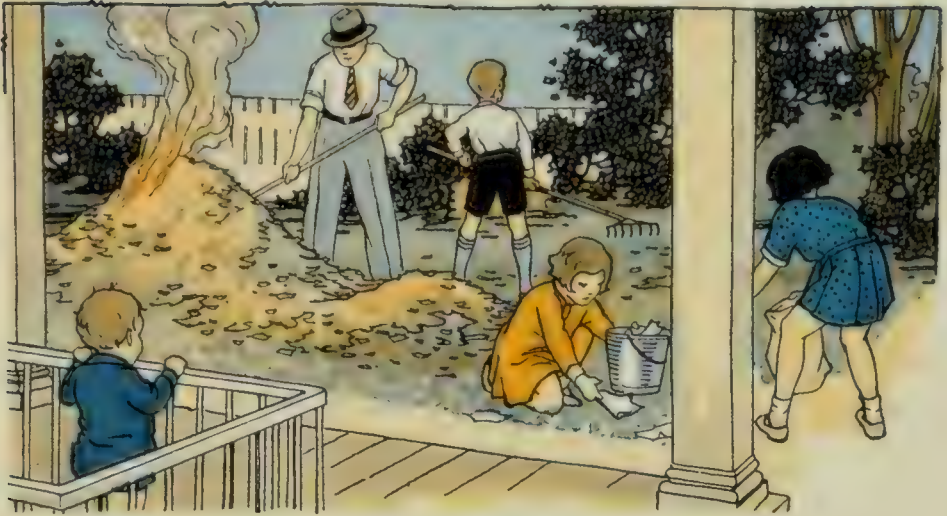
"A bonfire, a bonfire," cried the children. "Won't that be fun!"

"Will you have the fire before I go to bed?" asked Ann.

"Yes, indeed, little Princess," laughed Father. "We'll have the bonfire over here away from the house and the fence. We must be careful. A bonfire can be dangerous. Rake everything in one big pile."

That evening the Joys had the big bonfire. The leaves burned brightly. The flames leaped into the air. It looked very bright and pretty.

Mr. Joy and Gordon were very careful. They watched the fire until it was all out; then they covered the ashes with dirt.



THE LEAVES BURNED BRIGHTLY.

The Joys were a happy family that night. The house was clean and the yard was clean because everyone had helped with the work. Now they were ready for the summer playdays.





## XXV

### CHILD HEALTH DAY: THE QUEEN'S VISIT

"Stand still, Nancy. Let me see if your dress needs any more stars," said Mrs. Joy. "Just one more in the back. Now I think you are all ready."

"Oh, Nancy, you are beautiful," said Ann. She had been watching Mother paste gold stars on Nancy's dress.

"Here is your crown and your wand."

"Thank you, little sister. Now you must say 'Your Royal Highness,' not 'Nancy.'"

"Who is this? 'Your Royal Highness'?" said Father coming into the room and making a bow. "Is tomorrow the big day, when you are to be the Queen of Health?"

"Yes, Daddy, tomorrow is Child Health Day. Are you coming to our school play? Mother, Ann, and Martha are coming."

"Yes, Your Highness, I'll be there."

The next day Father, Mother, Ann, and Martha went to Nancy's school to see her in the play.

Here is the play.

#### THE QUEEN'S VISIT

*Time:* May 1

*Place:* A Garden

#### *Characters*

Queen of Health

Daffy Dilly

Two Pages

Jackie Tarr

Dr. Fresh Air

Rose Marie

Johnny Manners

Hannah

Willy Warner

Johannah

Richard Scales

The Twins

Minnie Park

Bessie

#### *Suggestions for Costumes and Setting*

The Queen — A long white dress trimmed with gold stars, a crown of gold on her head, and a wand in her hand.

Dr. Fresh Air — A cap and gown.

Children — Caps and capes of the rainbow colors, crêpe paper or cloth.

Pages — Dressed as heralds.

The play may be given outdoors or inside. The platform may be trimmed with flowers, real or artificial, to represent a garden. Suitable music might be arranged to be played off stage.

SCENE 1 — In a Garden

*Twelve children in a ring, singing and playing a game (any game they know). Farmer in the Dell or Muffin Man are suggested.*

*Children (sing):*

Oh, do you know the Muffin Man,  
The Muffin Man, the Muffin Man?  
Oh, do you know the Muffin Man  
That lives in Lundy's Lane?

*(Enter Dr. Fresh Air, in haste.)*

*Dr. Fresh Air:*

Children, children, children dear,  
Queen of Health will soon be here.  
You must all look fresh and gay;  
Wear your rainbow suits today.  
In this garden we will meet;  
It is all so clean and neat.  
Raindrops washed it in the night,  
Now the sun has made it bright.  
So now, children, stop your play.  
This is an important day,  
And I want you one and all  
To be ready when I call.

*Some child:*

We'll be waiting, doctor dear  
For your whistle; never fear.  
Children, quick! Let's haste away.  
This you know is Child Health Day.  
(*Children and Dr. Fresh Air leave stage.*)

## SCENE 2

*Same garden, with a throne for the Queen.  
(Dr. Fresh Air enters and stands watching the sky.)*

*Dr. Fresh Air:* Hark! I hear a plane. It must be the Queen.

*(Queen appears, escorted by two pages, who make low bows.)*

*A Page:* Her Royal Highness, The Queen of Health.

*Dr. Fresh Air:* Your Royal Highness, I bid you welcome.

*(Bows low to Queen.)*

*Queen:* Are the little people ready for inspection, Dr. Fresh Air?

*Dr. Fresh Air:* They are in waiting, Your Highness. Pages, escort the Queen.

*(Pages escort the Queen to the throne and take their places right and left at front of stage.)*

*Dr. Fresh Air stands near Queen and blows a silver whistle. Children enter in single file, wearing caps and capes of rainbow colors, two red, two orange, etc. Boys make low bows and girls courtesy to the Queen as they take their places, six on each side of the Queen, forming a rainbow.)*

*Queen:* Today is Child Health Day over all our land. One year has passed since I was here. Now



we are to have a test of improvement.

You have grown stronger and taller. Have you grown more courteous and helpful? Let us see.

Dr. Fresh Air, present the children.

*(Dr. Fresh Air introduces each child as he appears.)*

Dr. Fresh Air: Your Highness, this is Johnny Manners.

Johnny, salute the Queen and tell her how you keep the rules of health.

*Johnny:*

I take a bath most ev'ry day;  
This helps to keep disease away.  
I brush my teeth, I comb my hair,  
I shine my shoes, a necktie wear.  
I stand up straight on my two feet,  
And am polite to those I meet.

Queen (*clapping her hands*): Bravo, Johnny! You deserve a blue ribbon.

*(Johnny returns to his place.)*

Dr. Fresh Air:

The next to come  
Is this little one,  
Your Highness, Willy Warner.  
Willy Warner was put in the corner  
For nothing but pie would he eat.

*Willy:*

But now I am able  
To sit at the table  
I eat carrots, spinach, and meat.

*Queen:* Three cheers for Wee Willy.

*Dr. Fresh Air:* This, oh Queen, is Richard Scales.

Our Richard was so very small  
He wanted to be stout and tall.

*Richard:*

Since I go to bed at eight,  
I have gained so much in weight  
Mother says with pride and joy,  
“Why! You’d hardly know the boy.”

*Queen:* That’s fine, Richard.

“Early to bed and early to rise  
Makes a man healthy, wealthy, and wise.”

*Dr. Fresh Air:*

Your Highness, here is Minnie Park  
A girl who does not like the dark.

*Minnie:*

Oh, Doctor dear, not now, you know,  
For when alone to bed I go,  
Kind Princess Dark will take my hand  
And go with me to Slumber Land.

*Queen:* Oh! I like brave little girls.

*Dr. Fresh Air:* Here comes Daffy.

Daffy Dill, with locks of gold  
Last week had a little cold.  
Daffy now herself will tell  
What I did to make her well.

*Daffy:*

Doctor Fresh Air to me said,  
“Daffy, you must go to bed.

## THE JOY FAMILY

Keep your windows open wide;  
I will sit right by your side.  
If you cough or sneeze or sniff,  
Catch it in your handkerchief.  
Lots of water you must drink,  
And you'll soon be well I think."  
So I did as I was told;  
Now I haven't any cold.

*Queen:* Good advice, Daffy.

*Dr. Fresh Air:* This is Jolly Jackie Tarr.  
Jackie is a sailor laddie  
Who goes fishing with his Daddy.

*Jackie:*

When Dad and I go fishing  
Out on the deep blue sea,  
It's codfish that we're after,  
And heaps of fun for me.

The oil that's in the livers  
Of codfish, I've been told,  
Is just like bottled sunshine  
And worth its weight in gold.

This oil is sold to chemists,  
Then put in bottles gay  
Or made up into tablets;  
One buys it either way.

When wintry days are cloudy  
And nights are growing long,  
I take it by the spoonful  
To keep me well and strong.

*Queen:* You look like a good healthy boy, Jackie.

*Dr. Fresh Air:* Your Highness, this is Rose Marie.  
She has a garden fair.

*Queen:*

Rose Marie, with your garden fair,  
What things to eat are growing there?

*Rose Marie:*

I've peas and beans and lettuce green,  
The freshest carrots ever seen,  
Parsnips, onions, and beets so sweet,  
Luscious melons just right to eat.  
Tomatoes are there, round and red,  
Spinach, corn, and a radish bed.

*Queen:*

Oh, Rose Marie, your garden's fine!  
I'd like to stay with you and dine.

*Dr. Fresh Air:* Your Highness, Hannah and Johanna will tell you what they think makes a good breakfast.

*Hannah:*

A glass of fruit juice I would drink —  
Orange or prune is best, I think.

*Johannah:*

Then I'd have oatmeal, cream of wheat,  
Or any cereal that's good to eat.



*Hannah:*

Toast, an egg, a slice of bacon,  
If you are still hungry, may be taken.

*Johannah:*

Some good fresh milk to finish up  
I always have in my blue cup.

*Queen:* That is a good breakfast. Just what I like myself.

The things you've told are very good,  
You're neat and clean, you've had good food,  
You've gained in weight, have lost all fear,  
Keep bottled sunshine always near;  
And if perchance you get a cold,  
You stay in bed just as you're told.  
Now at night are rules unbroken?  
Early to bed and your windows open?

*Dr. Fresh Air:* The Twins will speak for sleep.

*The Twins:*

Seven o'clock! the Sandman comes!  
He creeps upstairs and down  
Scattering sand in drowsy eyes  
Of ev'ry child in town.  
And then when we are tucked in bed  
With all the windows open,  
He sends to us long hours of sleep  
For not a rule's been broken.

*Queen:* Fine! Splendid! Just one thing more, and that's the teeth. Are all your dental cards in?

*Dr. Fresh Air:*

Yes, Your Highness, ev'ry one.  
All the dental work's been done.  
Bessie will report to you  
What the children have to do.

*Bessie:*

We eat good food to make teeth grow,  
And then to keep them white as snow  
Tooth paste and brush we use each day;  
This is a rule we all obey.

*Queen:*

Please make a rainbow ring for me  
That now your posture I may see.

*(Children form a ring.)*

I like your posture, as you stand.  
Be ready for the Queen's command.

*Queen calls:* Attention!

*(Children stand very tall and straight. A page hands the Queen a basket of diplomas.)*

*Queen:*

There is a story very old,  
About the Rainbow's pot of gold.  
And now for you, my merry band,  
Within this basket in my hand  
Are rules to find this gold so rare,  
"For Health is Wealth" that all may share.

*(Queen comes down from throne and goes inside the ring. From the basket she holds she gives each child a diploma. She steps outside the ring and bows to Dr. Fresh Air.)*

## THE JOY FAMILY

*Queen:*

Dr. Fresh Air, our work is done;  
The day has been a happy one.  
To you, small folks, I'll say good-bye,  
And in my plane away I'll fly.

*(Pages escort Queen to exit. She waves her hand.)*

Good-bye, good-bye, good-bye.

CURTAIN

